



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Reineke, Mario

Club: Non-Stop-Ultra Brakel

Number: 22

Course: 40.95 km

Marathon

Category:

Männer M30

Total time: 3:09:33

Speed: 12.66 km/h

Running performance: 4:38 min/km

Rank in course/Total: 4 (of 78)

Rank in course/Men: 4 (of 74)

Best time in course: 2:45:36

Rank in category: 1(of 4)

Best time in the category: 3:09:33

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men		
Lap 1	3.15	14:02	4:27	2	0:50	8	2:32	3.15	14:02	4:27	1	-	54			
Lap 2	3.15	14:43	4:40	3	1:01	13	2:50	6.30	28:45	4:33	1	-	54			
Lap 3	3.15	14:30	4:36	3	0:35	12	14:26	9.45	43:15	4:34	1	-	54			
Lap 4	3.15	14:45	4:40	3	1:09	13	2:31	12.60	58:00	4:36	1	-	54			
Lap 5	3.15	14:49	4:42	3	0:33	13	2:28	15.75	1:12:49	4:37	1	-	54			
Lap 6	3.15	14:46	4:41	2	0:10	8	2:17	18.90	1:27:35	4:38	1	-	54			
Lap 7	3.15	14:49	4:42	2	0:07	9	2:14	22.05	1:42:24	4:38	1	-	54			
Lap 8	3.15	14:30	4:36	1	-	3	1:40	25.20	1:56:54	4:38	1	-	54			
Lap 9	3.15	14:38	4:38	1	-	3	1:44	28.35	2:11:32	4:38	1	-	54			
Lap 10	3.15	14:26	4:34	1	-	3	1:17	31.50	2:25:58	4:38	1	-	38			
Lap 11	3.15	14:27	4:35	1	-	4	1:06	34.65	2:40:25	4:37	1	-	54			
Lap 12	3.15	14:28	4:35	1	-	4	1:10	37.80	2:54:53	4:37	1	-	54			
Last lap Finish	3.15	14:40	4:39	1	-	4	1:27	40.95	3:09:33	4:37	1	-	4	23:57		