



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Kaltwasser, Jörg

Club: Rennsteiglauf Weilheim

Number: 1

Course: 20.15 km

Halbmarathon

Category:

Männer

Total time: 3:09:58

Speed: 6.32 km/h

Running performance: 9:26 min/km

Rank in course/Total: 6 (of 6)

Rank in course/Men: 4 (of 4)

Best time in course: 1:58:11

Rank in category: 4(of 4)

Best time in the category: 1:58:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.15	19:00	6:01	3	2:26	3	2:26	3.15	19:00	6:01	4	1:51	4	1:51
Lap 2	3.15	19:42	6:15	3	2:38	3	2:38	6.30	38:42	6:08	4	4:29	4	4:29
Lap 3	3.15	19:21	6:08	3	2:12	3	2:12	9.45	58:03	6:08	4	6:41	4	6:41
Lap 4	3.15	19:55	6:19	3	3:02	3	3:02	12.60	1:17:58	6:11	4	9:43	4	9:43
Lap 5	3.15	20:32	6:31	3	4:06	3	4:06	15.75	1:38:30	6:15	4	13:49	4	13:49
Lap 6	3.15	20:44	6:34	3	4:30	3	4:30	18.90	1:59:14	6:18	4	18:19	4	18:19
Last lap Finish	3.15	1:10:44	22:27	4	53:28	4	53:28	20.15	3:09:58	9:25	4	1:11:47	4	1:11:47