



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Tschapka, Frank

Club: Magdeburg

Number: 32

Course: 40.95 km

Marathon

Category:

Männer M35

Total time: 3:12:05

Speed: 12.49 km/h

Running performance: 4:41 min/km

Rank in course/Total: 5 (of 78)

Rank in course/Men: 5 (of 74)

Best time in course: 2:45:36

Rank in category: 1(of 9)

Best time in the category: 3:12:05

Intermediate times				Stage score				Total ranking						
Control	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	12:37	4:00	1	-	2	1:07	3.15	12:37	4:00	1	-	53	
Lap 2	3.15	13:28	4:16	1	-	3	1:35	6.30	26:05	4:08	1	-	53	
Lap 3	3.15	13:59	4:26	2	13:55	6	13:55	9.45	40:04	4:14	1	-	53	
Lap 4	3.15	14:16	4:31	2	0:12	8	2:02	12.60	54:20	4:18	1	-	53	
Lap 5	3.15	14:18	4:32	2	0:01	6	1:57	15.75	1:08:38	4:21	1	-	53	
Lap 6	3.15	14:49	4:42	2	0:06	9	2:20	18.90	1:23:27	4:24	1	-	53	
Lap 7	3.15	14:48	4:41	1	-	8	2:13	22.05	1:38:15	4:27	1	-	53	
Lap 8	3.15	14:48	4:41	1	-	6	1:58	25.20	1:53:03	4:29	1	-	53	
Lap 9	3.15	15:21	4:52	1	-	6	2:27	28.35	2:08:24	4:31	1	-	53	
Lap 10	3.15	15:32	4:55	1	-	6	2:23	31.50	2:23:56	4:34	1	-	53	
Lap 11	3.15	15:41	4:58	1	-	6	2:20	34.65	2:39:37	4:36	1	-	53	
Lap 12	3.15	16:15	5:09	1	-	6	2:57	37.80	2:55:52	4:39	1	-	53	
Last lap Finish	3.15	16:13	5:08	1	-	6	3:00	40.95	3:12:05	4:41	1	-	5	26:29