



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

jesper, hahn jensen

Club: bp gas

Number: 39

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:15:30

Speed: 12.28 km/h

Running performance: 4:46 min/km

Rank in course/Total: 6 (of 78)

Rank in course/Men: 6 (of 74)

Best time in course: 2:45:36

Rank in category: 1(of 13)

Best time in the category: 3:15:30

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	14:29	4:35	2	0:19	15	2:59	3.15	14:29	4:35	1	-	52	
Lap 2	3.15	14:24	4:34	1	-	10	2:31	6.30	28:53	4:35	1	-	52	
Lap 3	3.15	14:28	4:35	1	-	10	14:24	9.45	43:21	4:35	1	-	52	
Lap 4	3.15	14:40	4:39	1	-	12	2:26	12.60	58:01	4:36	1	-	52	
Lap 5	3.15	14:37	4:38	1	-	10	2:16	15.75	1:12:38	4:36	1	-	52	
Lap 6	3.15	15:07	4:47	1	-	12	2:38	18.90	1:27:45	4:38	1	-	52	
Lap 7	3.15	14:59	4:45	1	-	10	2:24	22.05	1:42:44	4:39	1	-	52	
Lap 8	3.15	15:20	4:52	1	-	11	2:30	25.20	1:58:04	4:41	1	-	52	
Lap 9	3.15	15:14	4:50	1	-	5	2:20	28.35	2:13:18	4:42	1	-	52	
Lap 10	3.15	14:30	4:36	1	-	4	1:21	31.50	2:27:48	4:41	1	-	52	
Lap 11	3.15	15:20	4:52	1	-	5	1:59	34.65	2:43:08	4:42	1	-	52	
Lap 12	3.15	16:01	5:05	1	-	5	2:43	37.80	2:59:09	4:44	1	-	52	
Last lap Finish	3.15	16:21	5:11	1	-	7	3:08	40.95	3:15:30	4:46	1	-	6	29:54