



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Kuhne, Sebastian

Club: Laufftreff Arnstadt

Number: 8

Course: 40.95 km

Marathon

Category:

Männer M30

Total time: 3:17:16

Speed: 12.17 km/h

Running performance: 4:49 min/km

Rank in course/Total: 8 (of 78)

Rank in course/Men: 8 (of 74)

Best time in course: 2:45:36

Rank in category: 2(of 4)

Best time in the category: 3:09:33

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	13:12	4:11	1	-	4	1:42	3.15	13:12	4:11	2			50	
Lap 2	3.15	13:42	4:20	1	-	5	1:49	6.30	26:54	4:16	2			50	
Lap 3	3.15	13:55	4:25	1	-	5	13:51	9.45	40:49	4:19	2			50	
Lap 4	3.15	14:19	4:32	2	0:43	9	2:05	12.60	55:08	4:22	2			50	
Lap 5	3.15	14:26	4:34	2	0:10	8	2:05	15.75	1:09:34	4:25	2			50	
Lap 6	3.15	14:36	4:38	1	-	6	2:07	18.90	1:24:10	4:27	2			50	
Lap 7	3.15	14:42	4:40	1	-	6	2:07	22.05	1:38:52	4:29	2			50	
Lap 8	3.15	15:01	4:46	2	0:31	7	2:11	25.20	1:53:53	4:31	2			50	
Lap 9	3.15	16:28	5:13	3	1:50	15	3:34	28.35	2:10:21	4:35	2			50	
Lap 10	3.15	15:52	5:02	2	1:26	8	2:43	31.50	2:26:13	4:38	2	0:15		50	
Lap 11	3.15	16:19	5:10	2	1:52	8	2:58	34.65	2:42:32	4:41	2	2:07		50	
Lap 12	3.15	17:00	5:23	2	2:32	11	3:42	37.80	2:59:32	4:44	2	4:39		50	
Last lap Finish	3.15	17:44	5:37	3	3:04	18	4:31	40.95	3:17:16	4:49	2	7:43	8	31:40	