



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Knoblauch, Frank

Club: Privatschwitzer

Number: 55

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:19:28

Speed: 12.03 km/h

Running performance: 4:52 min/km

Rank in course/Total: 9 (of 78)

Rank in course/Men: 9 (of 74)

Best time in course: 2:45:36

Rank in category: 2(of 21)

Best time in the category: 3:15:59

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	14:08	4:29	4	1:02	12	2:38	3.15	14:08	4:29	21		49	
Lap 2	3.15	14:48	4:41	4	1:10	14	2:55	6.30	28:56	4:35	21		49	
Lap 3	3.15	14:30	4:36	3	0:37	12	14:26	9.45	43:26	4:35	21		49	
Lap 4	3.15	14:30	4:36	3	0:23	10	2:16	12.60	57:56	4:35	21		49	
Lap 5	3.15	14:41	4:39	3	0:27	11	2:20	15.75	1:12:37	4:36	21		49	
Lap 6	3.15	15:06	4:47	3	0:42	11	2:37	18.90	1:27:43	4:38	21		49	
Lap 7	3.15	15:00	4:45	3	0:21	11	2:25	22.05	1:42:43	4:39	21		49	
Lap 8	3.15	15:20	4:52	3	0:10	11	2:30	25.20	1:58:03	4:41	21		49	
Lap 9	3.15	15:45	5:00	2	0:14	10	2:51	28.35	2:13:48	4:43	21		49	
Lap 10	3.15	16:17	5:10	2	0:11	11	3:08	31.50	2:30:05	4:45	21		49	
Lap 11	3.15	16:35	5:15	2	0:01	10	3:14	34.65	2:46:40	4:48	21		49	
Lap 12	3.15	16:26	5:13	1	-	7	3:08	37.80	3:03:06	4:50	21		49	
Last lap Finish	3.15	16:22	5:11	1	-	9	3:09	40.95	3:19:28	4:52	2	3:29	9	33:52