



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Winkler, Heinz-Jörg

Club: NOFRETETE E.V.

Number: 97

Course: 40.95 km

Marathon

Category:

Männer M50

Total time: 3:20:29

Speed: 12.26 km/h

Running performance: 4:54 min/km

Rank in course/Total: 12 (of 78)

Rank in course/Men: 12 (of 74)

Best time in course: 2:45:36

Rank in category: 3(of 8)

Best time in the category: 2:45:36

Intermediate times

Stage score

Total ranking

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	14:44	4:40	3	3:14	18	3:14	3.15	14:44	4:40	3	3:14	46	
Lap 2	3.15	14:54	4:43	3	3:01	17	3:01	6.30	29:38	4:42	3	6:15	46	
Lap 3	3.15	14:56	4:44	3	2:59	14	14:52	9.45	44:34	4:42	3	9:14	46	
Lap 4	3.15	14:45	4:40	3	2:31	13	2:31	12.60	59:19	4:42	3	11:45	46	
Lap 5	3.15	14:52	4:43	3	2:31	14	2:31	15.75	1:14:11	4:42	3	14:16	46	
Lap 6	3.15	15:12	4:49	3	2:43	14	2:43	18.90	1:29:23	4:43	3	16:59	46	
Lap 7	3.15	15:13	4:49	3	2:38	12	2:38	22.05	1:44:36	4:44	3	19:37	46	
Lap 8	3.15	15:13	4:49	3	2:23	10	2:23	25.20	1:59:49	4:45	3	22:00	46	
Lap 9	3.15	15:43	4:59	3	2:45	9	2:49	28.35	2:15:32	4:46	3	24:45	46	
Lap 10	3.15	15:47	5:00	2	2:31	7	2:38	31.50	2:31:19	4:48	3	27:16	46	
Lap 11	3.15	16:06	5:06	2	2:39	7	2:45	34.65	2:47:25	4:49	3	29:55	46	
Lap 12	3.15	16:43	5:18	2	2:58	9	3:25	37.80	3:04:08	4:52	3	32:53	46	
Last lap Finish	3.15	16:21	5:11	2	2:00	7	3:08	40.95	3:20:29	4:53	3	34:53	12	34:53