



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Muhs, Matthias

Club: TV Fürstenwalde

Number: 9

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:21:05

Speed: 11.94 km/h

Running performance: 4:55 min/km

Rank in course/Total: 13 (of 78)

Rank in course/Men: 13 (of 74)

Best time in course: 2:45:36

Rank in category: 3(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	13:06	4:09	1	-	3	1:36	3.15	13:06	4:09	20		45	
Lap 2	3.15	13:38	4:19	1	-	4	1:45	6.30	26:44	4:14	20		45	
Lap 3	3.15	13:53	4:24	1	-	4	13:49	9.45	40:37	4:17	20		45	
Lap 4	3.15	14:07	4:28	1	-	5	1:53	12.60	54:44	4:20	20		45	
Lap 5	3.15	14:19	4:32	2	0:05	7	1:58	15.75	1:09:03	4:23	20		45	
Lap 6	3.15	14:30	4:36	2	0:06	5	2:01	18.90	1:23:33	4:25	20		45	
Lap 7	3.15	14:39	4:39	1	-	4	2:04	22.05	1:38:12	4:27	20		45	
Lap 8	3.15	15:11	4:49	2	0:01	9	2:21	25.20	1:53:23	4:29	20		45	
Lap 9	3.15	16:41	5:17	3	1:10	19	3:47	28.35	2:10:04	4:35	20		45	
Lap 10	3.15	16:33	5:15	3	0:27	14	3:24	31.50	2:26:37	4:39	20		45	
Lap 11	3.15	17:50	5:39	4	1:16	20	4:29	34.65	2:44:27	4:44	20		45	
Lap 12	3.15	17:50	5:39	3	1:24	16	4:32	37.80	3:02:17	4:49	20		45	
Last lap Finish	3.15	18:48	5:58	5	2:26	24	5:35	40.95	3:21:05	4:54	3	5:06	13	35:29