



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Kirkelund, Vagn**

Club: Dansk Supermarked

Number: 40

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:27:16

Speed: 11.58 km/h

Running performance: 5:04 min/km

Rank in course/Total: 14 (of 78)

Rank in course/Men: 14 (of 74)

Best time in course: 2:45:36

Rank in category: 2(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	14:51	4:42	3	0:41	23	3:21	3.15	14:51	4:42	2	0:22	44	
Lap 2	3.15	14:54	4:43	3	0:30	17	3:01	6.30	29:45	4:43	2	0:52	44	
Lap 3	3.15	14:57	4:44	2	0:29	15	14:53	9.45	44:42	4:43	2	1:21	44	
Lap 4	3.15	15:32	4:55	3	0:52	18	3:18	12.60	1:00:14	4:46	2	2:13	44	
Lap 5	3.15	15:36	4:57	3	0:59	18	3:15	15.75	1:15:50	4:48	2	3:12	44	
Lap 6	3.15	15:50	5:01	3	0:43	19	3:21	18.90	1:31:40	4:51	2	3:55	44	
Lap 7	3.15	15:52	5:02	2	0:53	18	3:17	22.05	1:47:32	4:52	2	4:48	44	
Lap 8	3.15	16:04	5:06	2	0:44	16	3:14	25.20	2:03:36	4:54	2	5:32	44	
Lap 9	3.15	15:58	5:04	2	0:44	11	3:04	28.35	2:19:34	4:55	2	6:16	44	
Lap 10	3.15	16:22	5:11	2	1:52	12	3:13	31.50	2:35:56	4:57	2	8:08	44	
Lap 11	3.15	17:44	5:37	3	2:24	18	4:23	34.65	2:53:40	5:00	2	10:32	44	
Lap 12	3.15	16:56	5:22	2	0:55	10	3:38	37.80	3:10:36	5:02	2	11:27	44	
Last lap Finish	3.15	16:40	5:17	2	0:19	11	3:27	40.95	3:27:16	5:03	2	11:46	14	41:40