



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Schneiders, Ralf

Club: Lauffreunde HADI Wesel

Number: 44

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:27:43

Speed: 11.55 km/h

Running performance: 5:04 min/km

Rank in course/Total: 15 (of 78)

Rank in course/Men: 15 (of 74)

Best time in course: 2:45:36

Rank in category: 3(of 13)

Best time in the category: 3:15:30

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	14:10	4:29	1	-	14	2:40	3.15	14:10	4:29	3		43	
Lap 2	3.15	14:52	4:43	2	0:28	15	2:59	6.30	29:02	4:36	3	0:09	43	
Lap 3	3.15	14:59	4:45	3	0:31	16	14:55	9.45	44:01	4:39	3	0:40	43	
Lap 4	3.15	15:30	4:55	2	0:50	17	3:16	12.60	59:31	4:43	3	1:30	43	
Lap 5	3.15	15:34	4:56	2	0:57	17	3:13	15.75	1:15:05	4:46	3	2:27	43	
Lap 6	3.15	15:41	4:58	2	0:34	17	3:12	18.90	1:30:46	4:48	3	3:01	43	
Lap 7	3.15	15:56	5:03	3	0:57	19	3:21	22.05	1:46:42	4:50	3	3:58	43	
Lap 8	3.15	16:08	5:07	3	0:48	17	3:18	25.20	2:02:50	4:52	3	4:46	43	
Lap 9	3.15	16:20	5:11	3	1:06	13	3:26	28.35	2:19:10	4:54	3	5:52	43	
Lap 10	3.15	16:43	5:18	3	2:13	15	3:34	31.50	2:35:53	4:56	3	8:05	43	
Lap 11	3.15	17:04	5:25	2	1:44	14	3:43	34.65	2:52:57	4:59	3	9:49	43	
Lap 12	3.15	17:28	5:32	3	1:27	15	4:10	37.80	3:10:25	5:02	3	11:16	43	
Last lap Finish	3.15	17:18	5:29	3	0:57	14	4:05	40.95	3:27:43	5:04	3	12:13	15	42:07