



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Pide, Holger

Club: Magdeburg

Number: 30

Course: 40.95 km

Marathon

Category:

Männer M35

Total time: 3:30:26

Speed: 11.41 km/h

Running performance: 5:08 min/km

Rank in course/Total: 17 (of 78)

Rank in course/Men: 17 (of 74)

Best time in course: 2:45:36

Rank in category: 3(of 9)

Best time in the category: 3:12:05

Intermediate times				Stage score				Total ranking						
Control	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	14:03	4:27	2	1:26	9	2:33	3.15	14:03	4:27	3	1:26	41	
Lap 2	3.15	14:11	4:30	2	0:43	8	2:18	6.30	28:14	4:28	3	2:09	41	
Lap 3	3.15	0:04	0:01	1	-	1	-	9.45	28:18	2:59	3		41	
Lap 4	3.15	14:04	4:27	1	-	4	1:50	12.60	42:22	3:21	3		41	
Lap 5	3.15	14:17	4:32	1	-	5	1:56	15.75	56:39	3:35	3		41	
Lap 6	3.15	14:43	4:40	1	-	7	2:14	18.90	1:11:22	3:46	3		41	
Lap 7	3.15	15:14	4:50	2	0:26	13	2:39	22.05	1:26:36	3:55	3		41	
Lap 8	3.15	15:52	5:02	2	1:04	14	3:02	25.20	1:42:28	4:03	3		41	
Lap 9	3.15	16:27	5:13	2	1:06	14	3:33	28.35	1:58:55	4:11	3		41	
Lap 10	3.15	17:36	5:35	4	2:04	20	4:27	31.50	2:16:31	4:20	3		41	
Lap 11	3.15	17:33	5:34	3	1:52	16	4:12	34.65	2:34:04	4:26	3		41	
Lap 12	3.15	18:18	5:48	4	2:03	21	5:00	37.80	2:52:22	4:33	3		41	
Last lap Finish	3.15	38:04	12:05	9	21:51	74	24:51	40.95	3:30:26	5:08	3	18:21	17	44:50