



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Becker, Martin

Club: SC Neuenstein

Number: 48

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:33:15

Speed: 11.25 km/h

Running performance: 5:13 min/km

Rank in course/Total: 19 (of 78)

Rank in course/Men: 19 (of 74)

Best time in course: 2:45:36

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.15	16:00	5:04	8	2:54	30	4:30	3.15	16:00	5:04	19		39	0:01
Lap 2	3.15	15:26	4:53	6	1:48	23	3:33	6.30	31:26	4:59	19		39	
Lap 3	3.15	15:26	4:53	6	1:33	21	15:22	9.45	46:52	4:57	19		39	
Lap 4	3.15	15:16	4:50	5	1:09	16	3:02	12.60	1:02:08	4:55	19		39	
Lap 5	3.15	15:21	4:52	4	1:07	15	3:00	15.75	1:17:29	4:55	19		39	
Lap 6	3.15	15:30	4:55	5	1:06	16	3:01	18.90	1:32:59	4:55	19		39	
Lap 7	3.15	15:50	5:01	6	1:11	17	3:15	22.05	1:48:49	4:56	19		39	
Lap 8	3.15	16:29	5:13	5	1:19	22	3:39	25.20	2:05:18	4:58	19		39	
Lap 9	3.15	16:47	5:19	4	1:16	20	3:53	28.35	2:22:05	5:00	19		39	
Lap 10	3.15	17:08	5:26	4	1:02	19	3:59	31.50	2:39:13	5:03	19		39	
Lap 11	3.15	17:43	5:37	3	1:09	17	4:22	34.65	2:56:56	5:06	19		39	
Lap 12	3.15	18:03	5:43	4	1:37	19	4:45	37.80	3:14:59	5:09	19		39	
Last lap Finish	3.15	18:16	5:47	4	1:54	23	5:03	40.95	3:33:15	5:12	4	17:16	19	47:39