



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Tunder, Hartmut

Club: MTV Aurich-Tria

Number: 63

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:35:18

Speed: 11.15 km/h

Running performance: 5:16 min/km

Rank in course/Total: 21 (of 78)

Rank in course/Men: 21 (of 74)

Best time in course: 2:45:36

Rank in category: 5(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	14:48	4:41	5	1:42	22	3:18	3.15	14:48	4:41	18		74	
Lap 2	3.15	14:53	4:43	5	1:15	16	3:00	6.30	29:41	4:42	18		40	
Lap 3	3.15	15:04	4:46	5	1:11	18	15:00	9.45	44:45	4:44	18		74	
Lap 4	3.15	15:11	4:49	4	1:04	15	2:57	12.60	59:56	4:45	18		74	
Lap 5	3.15	15:37	4:57	6	1:23	19	3:16	15.75	1:15:33	4:47	18		74	
Lap 6	3.15	15:22	4:52	4	0:58	15	2:53	18.90	1:30:55	4:48	18		74	
Lap 7	3.15	15:16	4:50	4	0:37	14	2:41	22.05	1:46:11	4:48	18		74	
Lap 8	3.15	16:02	5:05	4	0:52	15	3:12	25.20	2:02:13	4:50	18		74	
Lap 9	3.15	16:56	5:22	5	1:25	21	4:02	28.35	2:19:09	4:54	18		74	
Lap 10	3.15	17:49	5:39	6	1:43	23	4:40	31.50	2:36:58	4:58	18		74	
Lap 11	3.15	19:12	6:05	6	2:38	29	5:51	34.65	2:56:10	5:05	18		74	
Lap 12	3.15	19:44	6:15	5	3:18	31	6:26	37.80	3:15:54	5:10	18		74	
Last lap Finish	3.15	19:24	6:09	6	3:02	25	6:11	40.95	3:35:18	5:15	5	19:19	21	49:42