



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Biskamp, Stephan**

Club: SC Neuenstein

Number: 49

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:36:58

Speed: 11.06 km/h

Running performance: 5:18 min/km

Rank in course/Total: 22 (of 78)

Rank in course/Men: 22 (of 74)

Best time in course: 2:45:36

Rank in category: 6(of 21)

Best time in the category: 3:15:59

#### Intermediate times

#### Stage score

#### Total ranking

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	14:03	4:27	3	0:57	9	2:33	3.15	14:03	4:27	17		41	
Lap 2	3.15	14:31	4:36	3	0:53	11	2:38	6.30	28:34	4:32	17		73	
Lap 3	3.15	15:03	4:46	4	1:10	17	14:59	9.45	43:37	4:36	17		73	
Lap 4	3.15	15:36	4:57	6	1:29	19	3:22	12.60	59:13	4:41	17		73	
Lap 5	3.15	15:32	4:55	5	1:18	16	3:11	15.75	1:14:45	4:44	17		73	
Lap 6	3.15	15:42	4:59	6	1:18	18	3:13	18.90	1:30:27	4:47	17		73	
Lap 7	3.15	15:45	5:00	5	1:06	16	3:10	22.05	1:46:12	4:48	17		73	
Lap 8	3.15	16:58	5:23	6	1:48	24	4:08	25.20	2:03:10	4:53	17		73	
Lap 9	3.15	17:27	5:32	6	1:56	24	4:33	28.35	2:20:37	4:57	17		73	
Lap 10	3.15	17:44	5:37	5	1:38	21	4:35	31.50	2:38:21	5:01	17		73	
Lap 11	3.15	18:02	5:43	5	1:28	22	4:41	34.65	2:56:23	5:05	17		73	
Lap 12	3.15	20:42	6:34	7	4:16	38	7:24	37.80	3:17:05	5:12	17		73	
Last lap Finish	3.15	19:53	6:18	7	3:31	31	6:40	40.95	3:36:58	5:17	6	20:59	22	51:22