



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Krüger, Gerd

Club: Ilmenau

Number: 10

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:43:38

Speed: 10.73 km/h

Running performance: 5:28 min/km

Rank in course/Total: 24 (of 78)

Rank in course/Men: 24 (of 74)

Best time in course: 2:45:36

Rank in category: 4(of 13)

Best time in the category: 3:15:30

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	16:23	5:12	5	2:13	37	4:53	3.15	16:23	5:12	4	1:54	71	0:24
Lap 2	3.15	16:28	5:13	5	2:04	31	4:35	6.30	32:51	5:12	4	3:58	71	
Lap 3	3.15	16:29	5:13	5	2:01	30	16:25	9.45	49:20	5:13	4	5:59	71	
Lap 4	3.15	16:14	5:09	5	1:34	28	4:00	12.60	1:05:34	5:12	4	7:33	71	
Lap 5	3.15	16:32	5:14	6	1:55	28	4:11	15.75	1:22:06	5:12	4	9:28	71	
Lap 6	3.15	16:44	5:18	6	1:37	28	4:15	18.90	1:38:50	5:13	4	11:05	71	
Lap 7	3.15	16:42	5:18	5	1:43	25	4:07	22.05	1:55:32	5:14	4	12:48	71	
Lap 8	3.15	17:08	5:26	6	1:48	26	4:18	25.20	2:12:40	5:15	4	14:36	71	
Lap 9	3.15	17:33	5:34	6	2:19	26	4:39	28.35	2:30:13	5:17	4	16:55	71	
Lap 10	3.15	18:26	5:51	5	3:56	26	5:17	31.50	2:48:39	5:21	4	20:51	71	
Lap 11	3.15	18:17	5:48	5	2:57	23	4:56	34.65	3:06:56	5:23	4	23:48	71	
Lap 12	3.15	18:53	5:59	5	2:52	23	5:35	37.80	3:25:49	5:26	4	26:40	71	
Last lap Finish	3.15	17:49	5:39	4	1:28	20	4:36	40.95	3:43:38	5:27	4	28:08	24	58:02