



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Kitzing, Veit

Club: Laufftreff Breitungen

Number: 15

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:45:48

Speed: 10.63 km/h

Running performance: 5:31 min/km

Rank in course/Total: 25 (of 78)

Rank in course/Men: 25 (of 74)

Best time in course: 2:45:36

Rank in category: 5(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 | 17:09 | 5:26 | 9 | 2:59 | 50 | 5:39 | 3.15 | 17:09 | 5:26 | 5 | 2:40 | 70 | 1:10 |
| Lap 2 | 3.15 | 17:04 | 5:25 | 7 | 2:40 | 38 | 5:11 | 6.30 | 34:13 | 5:25 | 5 | 5:20 | 70 | 0:52 |
| Lap 3 | 3.15 | 17:09 | 5:26 | 7 | 2:41 | 38 | 17:05 | 9.45 | 51:22 | 5:26 | 5 | 8:01 | 70 | 0:07 |
| Lap 4 | 3.15 | 16:53 | 5:21 | 6 | 2:13 | 31 | 4:39 | 12.60 | 1:08:15 | 5:25 | 5 | 10:14 | 58 | |
| Lap 5 | 3.15 | 16:27 | 5:13 | 5 | 1:50 | 27 | 4:06 | 15.75 | 1:24:42 | 5:22 | 5 | 12:04 | 70 | |
| Lap 6 | 3.15 | 16:13 | 5:08 | 4 | 1:06 | 23 | 3:44 | 18.90 | 1:40:55 | 5:20 | 5 | 13:10 | 70 | |
| Lap 7 | 3.15 | 16:29 | 5:13 | 4 | 1:30 | 23 | 3:54 | 22.05 | 1:57:24 | 5:19 | 5 | 14:40 | 70 | |
| Lap 8 | 3.15 | 16:22 | 5:11 | 4 | 1:02 | 18 | 3:32 | 25.20 | 2:13:46 | 5:18 | 5 | 15:42 | 70 | |
| Lap 9 | 3.15 | 17:02 | 5:24 | 4 | 1:48 | 23 | 4:08 | 28.35 | 2:30:48 | 5:19 | 5 | 17:30 | 70 | |
| Lap 10 | 3.15 | 18:49 | 5:58 | 7 | 4:19 | 31 | 5:40 | 31.50 | 2:49:37 | 5:23 | 5 | 21:49 | 70 | |
| Lap 11 | 3.15 | 17:54 | 5:40 | 4 | 2:34 | 21 | 4:33 | 34.65 | 3:07:31 | 5:24 | 5 | 24:23 | 70 | |
| Lap 12 | 3.15 | 18:50 | 5:58 | 4 | 2:49 | 22 | 5:32 | 37.80 | 3:26:21 | 5:27 | 5 | 27:12 | 70 | |
| Last lap Finish | 3.15 | 19:27 | 6:10 | 6 | 3:06 | 27 | 6:14 | 40.95 | 3:45:48 | 5:30 | 5 | 30:18 | 25 | 1:00:12 |