



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Fröhlich, Peter

Club: LG eXa Leipzig

Number: 37

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:47:52

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 26 (of 78)

Rank in course/Men: 26 (of 74)

Best time in course: 2:45:36

Rank in category: 6(of 13)

Best time in the category: 3:15:30

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	16:05	5:06	4	1:55	31	4:35	3.15	16:05	5:06	6	1:36	63	0:06
Lap 2	3.15	15:49	5:01	4	1:25	25	3:56	6.30	31:54	5:03	6	3:01	69	
Lap 3	3.15	15:36	4:57	4	1:08	23	15:32	9.45	47:30	5:01	6	4:09	69	
Lap 4	3.15	15:57	5:03	4	1:17	24	3:43	12.60	1:03:27	5:02	6	5:26	69	
Lap 5	3.15	16:08	5:07	4	1:31	23	3:47	15.75	1:19:35	5:03	6	6:57	69	
Lap 6	3.15	16:16	5:09	5	1:09	24	3:47	18.90	1:35:51	5:04	6	8:06	69	
Lap 7	3.15	16:53	5:21	7	1:54	28	4:18	22.05	1:52:44	5:06	6	10:00	69	
Lap 8	3.15	17:00	5:23	5	1:40	25	4:10	25.20	2:09:44	5:08	6	11:40	69	
Lap 9	3.15	17:39	5:36	7	2:25	27	4:45	28.35	2:27:23	5:11	6	14:05	69	
Lap 10	3.15	18:44	5:56	6	4:14	30	5:35	31.50	2:46:07	5:16	6	18:19	69	
Lap 11	3.15	19:45	6:16	7	4:25	32	6:24	34.65	3:05:52	5:21	6	22:44	69	
Lap 12	3.15	20:04	6:22	7	4:03	33	6:46	37.80	3:25:56	5:26	6	26:47	69	
Last lap Finish	3.15	21:56	6:57	8	5:35	46	8:43	40.95	3:47:52	5:33	6	32:22	26	1:02:16