



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

#### Mittelsdorf, Mark

Club: Infanterieschule Hammelburg

Number: 29

Course: 40.95 km

Marathon

Category:

Männer M35

Total time: 3:48:35

Speed: 10.50 km/h

Running performance: 5:35 min/km

Rank in course/Total: 27 (of 78)

Rank in course/Men: 27 (of 74)

Best time in course: 2:45:36

Rank in category: 6(of 9)

Best time in the category: 3:12:05

#### 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	15:28	4:54	6	2:51	26	3:58	3.15	15:28	4:54	6	2:51	68	
Lap 2	3.15	16:24	5:12	6	2:56	30	4:31	6.30	31:52	5:03	6	5:47	68	
Lap 3	3.15	16:27	5:13	6	16:23	29	16:23	9.45	48:19	5:06	6	8:15	68	
Lap 4	3.15	16:16	5:09	6	2:12	29	4:02	12.60	1:04:35	5:07	6	10:15	68	
Lap 5	3.15	16:42	5:18	6	2:25	30	4:21	15.75	1:21:17	5:09	6	12:39	68	
Lap 6	3.15	17:28	5:32	7	2:45	32	4:59	18.90	1:38:45	5:13	6	15:18	68	
Lap 7	3.15	17:51	5:40	7	3:03	34	5:16	22.05	1:56:36	5:17	6	18:21	68	
Lap 8	3.15	18:02	5:43	7	3:14	33	5:12	25.20	2:14:38	5:20	6	21:35	68	
Lap 9	3.15	18:30	5:52	6	3:09	30	5:36	28.35	2:33:08	5:24	6	24:44	68	
Lap 10	3.15	18:40	5:55	6	3:08	29	5:31	31.50	2:51:48	5:27	6	27:52	68	
Lap 11	3.15	19:19	6:07	6	3:38	30	5:58	34.65	3:11:07	5:30	6	31:30	68	
Lap 12	3.15	19:21	6:08	6	3:06	26	6:03	37.80	3:30:28	5:34	6	34:36	68	
Last lap Finish	3.15	18:07	5:45	4	1:54	21	4:54	40.95	3:48:35	5:34	6	36:30	27	1:02:59