



### 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

| 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    |