



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Steinbrecher, Diethard**

Club: 100 Marathon-Club Deutschland

Number: 83

Course: 40.95 km

Marathon

Category:

Männer M55

Total time: 3:50:58

Speed: 10.39 km/h

Running performance: 5:38 min/km

Rank in course/Total: 29 (of 78)

Rank in course/Men: 29 (of 74)

Best time in course: 2:45:36

Rank in category: 1(of 11)

Best time in the category: 3:50:58

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	17:01	5:24	7	2:32	46	5:31	3.15	17:01	5:24	1	-	65	1:02
Lap 2	3.15	17:16	5:28	4	2:05	42	5:23	6.30	34:17	5:26	1	-	9	0:56
Lap 3	3.15	17:20	5:30	5	1:42	42	17:16	9.45	51:37	5:27	1	-	65	0:22
Lap 4	3.15	17:31	5:33	4	1:30	42	5:17	12.60	1:09:08	5:29	1	-	65	0:44
Lap 5	3.15	17:24	5:31	2	0:50	36	5:03	15.75	1:26:32	5:29	1	-	65	0:11
Lap 6	3.15	18:22	5:49	4	1:46	44	5:53	18.90	1:44:54	5:33	1	-	65	0:30
Lap 7	3.15	17:25	5:31	1	-	29	4:50	22.05	2:02:19	5:32	1	-	65	
Lap 8	3.15	18:08	5:45	2	0:51	34	5:18	25.20	2:20:27	5:34	1	-	65	
Lap 9	3.15	17:55	5:41	1	-	29	5:01	28.35	2:38:22	5:35	1	-	65	
Lap 10	3.15	18:36	5:54	1	-	28	5:27	31.50	2:56:58	5:37	1	-	65	
Lap 11	3.15	18:18	5:48	1	-	25	4:57	34.65	3:15:16	5:38	1	-	65	
Lap 12	3.15	17:58	5:42	1	-	18	4:40	37.80	3:33:14	5:38	1	-	65	
Last lap Finish	3.15	17:44	5:37	1	-	18	4:31	40.95	3:50:58	5:38	1	-	29	1:05:22