



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Sziburis, Sven

Club: Merseburg

Number: 45

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 3:51:45

Speed: 10.36 km/h

Running performance: 5:40 min/km

Rank in course/Total: 30 (of 78)

Rank in course/Men: 30 (of 74)

Best time in course: 2:45:36

Rank in category: 7(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	17:21	5:30	10	3:11	52	5:51	3.15	17:21	5:30	7	2:52	64	1:22
Lap 2	3.15	17:07	5:26	8	2:43	39	5:14	6.30	34:28	5:28	7	5:35	64	1:07
Lap 3	3.15	17:26	5:32	11	2:58	45	17:22	9.45	51:54	5:29	7	8:33	64	0:39
Lap 4	3.15	17:16	5:28	7	2:36	37	5:02	12.60	1:09:10	5:29	7	11:09	64	0:46
Lap 5	3.15	17:15	5:28	7	2:38	34	4:54	15.75	1:26:25	5:29	7	13:47	64	0:04
Lap 6	3.15	17:05	5:25	7	1:58	30	4:36	18.90	1:43:30	5:28	7	15:45	64	
Lap 7	3.15	16:52	5:21	6	1:53	27	4:17	22.05	2:00:22	5:27	7	17:38	64	
Lap 8	3.15	17:31	5:33	7	2:11	30	4:41	25.20	2:17:53	5:28	7	19:49	64	
Lap 9	3.15	17:31	5:33	5	2:17	25	4:37	28.35	2:35:24	5:28	7	22:06	64	
Lap 10	3.15	18:22	5:49	4	3:52	25	5:13	31.50	2:53:46	5:30	7	25:58	64	
Lap 11	3.15	19:10	6:05	6	3:50	27	5:49	34.65	3:12:56	5:34	7	29:48	64	
Lap 12	3.15	19:23	6:09	6	3:22	27	6:05	37.80	3:32:19	5:37	7	33:10	64	
Last lap Finish	3.15	19:26	6:10	5	3:05	26	6:13	40.95	3:51:45	5:39	7	36:15	30	1:06:09