



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Baars, Olaf**

Club: WKF-Bergfried´91 Dresden

Number: 47

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:57:09

Speed: 10.12 km/h

Running performance: 5:47 min/km

Rank in course/Total: 33 (of 78)

Rank in course/Men: 33 (of 74)

Best time in course: 2:45:36

Rank in category: 7(of 21)

Best time in the category: 3:15:59

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	16:09	5:07	9	3:03	33	4:39	3.15	16:09	5:07	15		61	0:10
Lap 2	3.15	15:48	5:00	7	2:10	24	3:55	6.30	31:57	5:04	15		61	
Lap 3	3.15	16:01	5:05	8	2:08	26	15:57	9.45	47:58	5:04	15		61	
Lap 4	3.15	16:00	5:04	8	1:53	25	3:46	12.60	1:03:58	5:04	15		61	
Lap 5	3.15	16:25	5:12	8	2:11	26	4:04	15.75	1:20:23	5:06	15		61	
Lap 6	3.15	16:45	5:19	8	2:21	29	4:16	18.90	1:37:08	5:08	15		61	
Lap 7	3.15	17:28	5:32	8	2:49	31	4:53	22.05	1:54:36	5:11	15		61	
Lap 8	3.15	17:53	5:40	8	2:43	31	5:03	25.20	2:12:29	5:15	15		61	
Lap 9	3.15	19:03	6:02	9	3:32	38	6:09	28.35	2:31:32	5:20	15		61	
Lap 10	3.15	20:01	6:21	9	3:55	40	6:52	31.50	2:51:33	5:26	15		61	
Lap 11	3.15	21:47	6:54	11	5:13	51	8:26	34.65	3:13:20	5:34	15		61	
Lap 12	3.15	22:11	7:02	10	5:45	49	8:53	37.80	3:35:31	5:42	15		61	
Last lap Finish	3.15	21:38	6:52	10	5:16	41	8:25	40.95	3:57:09	5:47	7	41:10	33	1:11:33