



### 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    |