



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Rieß, Frieder

Club: Siebenlehner SV-Radsport
Number: 82

Course: 40.95 km
Marathon

Category:
Männer M55

Total time: 3:57:29

Speed: 10.11 km/h
Running performance: 5:48 min/km

Rank in course/Total: 34 (of 78)

Rank in course/Men: 34 (of 74)

Best time in course: 2:45:36

Rank in category: 2(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	14:29	4:35	1	-	15	2:59	3.15	14:29	4:35	2		52	
Lap 2	3.15	15:58	5:04	2	0:47	28	4:05	6.30	30:27	4:49	2		60	
Lap 3	3.15	16:44	5:18	2	1:06	31	16:40	9.45	47:11	4:59	2		60	
Lap 4	3.15	17:02	5:24	2	1:01	32	4:48	12.60	1:04:13	5:05	2		60	
Lap 5	3.15	17:25	5:31	3	0:51	38	5:04	15.75	1:21:38	5:10	2		60	
Lap 6	3.15	17:31	5:33	2	0:55	33	5:02	18.90	1:39:09	5:14	2		60	
Lap 7	3.15	17:56	5:41	2	0:31	35	5:21	22.05	1:57:05	5:18	2		60	
Lap 8	3.15	18:49	5:58	3	1:32	38	5:59	25.20	2:15:54	5:23	2		60	
Lap 9	3.15	19:22	6:08	4	1:27	40	6:28	28.35	2:35:16	5:28	2		60	
Lap 10	3.15	20:02	6:21	5	1:26	41	6:53	31.50	2:55:18	5:33	2		60	
Lap 11	3.15	20:14	6:25	4	1:56	38	6:53	34.65	3:15:32	5:38	2	0:16	60	
Lap 12	3.15	20:36	6:32	4	2:38	37	7:18	37.80	3:36:08	5:43	2	2:54	60	
Last lap Finish	3.15	21:21	6:46	5	3:37	40	8:08	40.95	3:57:29	5:47	2	6:31	34	1:11:53