



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Gathmann, Uwe**

Club: SC Neuenstein

Number: 52

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 3:58:43

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 36 (of 78)

Rank in course/Men: 36 (of 74)

Best time in course: 2:45:36

Rank in category: 8(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	16:14	5:09	10	3:08	35	4:44	3.15	16:14	5:09	14		58	0:15
Lap 2	3.15	16:42	5:18	10	3:04	33	4:49	6.30	32:56	5:13	14		58	
Lap 3	3.15	17:53	5:40	13	4:00	50	17:49	9.45	50:49	5:22	14		58	
Lap 4	3.15	17:26	5:32	12	3:19	41	5:12	12.60	1:08:15	5:25	14		58	
Lap 5	3.15	17:20	5:30	11	3:06	35	4:59	15.75	1:25:35	5:26	14		58	
Lap 6	3.15	17:49	5:39	9	3:25	38	5:20	18.90	1:43:24	5:28	14		58	
Lap 7	3.15	18:50	5:58	11	4:11	45	6:15	22.05	2:02:14	5:32	14	0:06	58	
Lap 8	3.15	18:16	5:47	9	3:06	35	5:26	25.20	2:20:30	5:34	14		58	
Lap 9	3.15	19:22	6:08	10	3:51	40	6:28	28.35	2:39:52	5:38	14		58	
Lap 10	3.15	20:43	6:34	11	4:37	45	7:34	31.50	3:00:35	5:43	14		58	0:20
Lap 11	3.15	20:10	6:24	7	3:36	37	6:49	34.65	3:20:45	5:47	14		58	0:06
Lap 12	3.15	19:49	6:17	6	3:23	32	6:31	37.80	3:40:34	5:50	14		58	
Last lap Finish	3.15	18:09	5:45	3	1:47	22	4:56	40.95	3:58:43	5:49	8	42:44	36	1:13:07