



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Baumgarten, Karl Wolfgang

Club: 100 Marathon Club

Number: 76

Course: 40.95 km

Marathon

Category:

Männer M55

Total time: 4:03:42

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 40 (of 78)

Rank in course/Men: 39 (of 74)

Best time in course: 2:45:36

Rank in category: 5(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	18:14	5:47	8	3:45	58	6:44	3.15	18:14	5:47	5	1:13	18	2:15
Lap 2	3.15	17:56	5:41	7	2:45	53	6:03	6.30	36:10	5:44	5	1:53	18	2:49
Lap 3	3.15	17:34	5:34	6	1:56	46	17:30	9.45	53:44	5:41	5	2:07	18	2:29
Lap 4	3.15	18:06	5:44	6	2:05	49	5:52	12.60	1:11:50	5:42	5	2:42	18	3:26
Lap 5	3.15	18:20	5:49	4	1:46	47	5:59	15.75	1:30:10	5:43	5	3:38	18	3:49
Lap 6	3.15	18:44	5:56	5	2:08	47	6:15	18.90	1:48:54	5:45	5	4:00	18	4:30
Lap 7	3.15	18:35	5:53	5	1:10	43	6:00	22.05	2:07:29	5:46	5	5:10	18	4:44
Lap 8	3.15	18:51	5:59	5	1:34	41	6:01	25.20	2:26:20	5:48	5	5:53	18	4:35
Lap 9	3.15	18:57	6:00	2	1:02	35	6:03	28.35	2:45:17	5:49	5	6:55	18	4:37
Lap 10	3.15	19:00	6:01	3	0:24	33	5:51	31.50	3:04:17	5:51	5	7:19	18	4:02
Lap 11	3.15	19:40	6:14	2	1:22	31	6:19	34.65	3:23:57	5:53	5	8:41	18	3:18
Lap 12	3.15	19:37	6:13	2	1:39	28	6:19	37.80	3:43:34	5:54	5	10:20	18	0:36
Last lap Finish	3.15	20:08	6:23	3	2:24	33	6:55	40.95	4:03:42	5:57	5	12:44	39	1:18:06