



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Janiszewski, Günter

Club: TV Fürstenwalde

Number: 67

Course: 40.95 km

Marathon

Category:

Männer M50

Total time: 4:05:19

Speed: 9.78 km/h

Running performance: 5:59 min/km

Rank in course/Total: 42 (of 78)

Rank in course/Men: 41 (of 74)

Best time in course: 2:45:36

Rank in category: 6(of 8)

Best time in the category: 2:45:36

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:04	4:46	4	3:34	24	3:34	3.15	15:04	4:46	6	3:34	16	
Lap 2	3.15	15:55	5:03	4	4:02	27	4:02	6.30	30:59	4:55	6	7:36	16	
Lap 3	3.15	16:49	5:20	4	4:52	32	16:45	9.45	47:48	5:03	6	12:28	16	
Lap 4	3.15	17:09	5:26	4	4:55	33	4:55	12.60	1:04:57	5:09	6	17:23	16	
Lap 5	3.15	17:28	5:32	5	5:07	40	5:07	15.75	1:22:25	5:13	6	22:30	16	
Lap 6	3.15	17:40	5:36	5	5:11	36	5:11	18.90	1:40:05	5:17	6	27:41	16	
Lap 7	3.15	18:31	5:52	6	5:56	42	5:56	22.05	1:58:36	5:22	6	33:37	16	
Lap 8	3.15	19:40	6:14	7	6:50	47	6:50	25.20	2:18:16	5:29	6	40:27	16	
Lap 9	3.15	20:27	6:29	7	7:29	49	7:33	28.35	2:38:43	5:35	6	47:56	16	
Lap 10	3.15	21:34	6:50	7	8:18	53	8:25	31.50	3:00:17	5:43	6	56:14	16	0:02
Lap 11	3.15	21:41	6:53	7	8:14	49	8:20	34.65	3:21:58	5:49	6	1:04:28	16	1:19
Lap 12	3.15	21:32	6:50	7	7:47	43	8:14	37.80	3:43:30	5:54	6	1:12:15	16	0:32
Last lap Finish	3.15	21:49	6:55	7	7:28	45	8:36	40.95	4:05:19	5:59	6	1:19:43	41	1:19:43