



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Schiwon, Uwe

Club: IfL - Hof

Number: 59

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 4:06:02

Speed: 9.75 km/h

Running performance: 6:01 min/km

Rank in course/Total: 43 (of 78)

Rank in course/Men: 42 (of 74)

Best time in course: 2:45:36

Rank in category: 9(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	16:39	5:17	11	3:33	40	5:09	3.15	16:39	5:17	13		15	0:40
Lap 2	3.15	16:15	5:09	8	2:37	29	4:22	6.30	32:54	5:13	13		15	
Lap 3	3.15	15:55	5:03	7	2:02	25	15:51	9.45	48:49	5:09	13		15	
Lap 4	3.15	15:51	5:01	7	1:44	23	3:37	12.60	1:04:40	5:07	13		15	
Lap 5	3.15	15:58	5:04	7	1:44	21	3:37	15.75	1:20:38	5:07	13		15	
Lap 6	3.15	16:25	5:12	7	2:01	26	3:56	18.90	1:37:03	5:08	13		15	
Lap 7	3.15	16:47	5:19	7	2:08	26	4:12	22.05	1:53:50	5:09	13		15	
Lap 8	3.15	17:28	5:32	7	2:18	29	4:38	25.20	2:11:18	5:12	13		15	
Lap 9	3.15	18:30	5:52	7	2:59	30	5:36	28.35	2:29:48	5:17	13		15	
Lap 10	3.15	20:25	6:28	10	4:19	44	7:16	31.50	2:50:13	5:24	13		15	
Lap 11	3.15	22:02	6:59	13	5:28	54	8:41	34.65	3:12:15	5:32	13		15	
Lap 12	3.15	23:49	7:33	14	7:23	58	10:31	37.80	3:36:04	5:42	13		15	
Last lap Finish	3.15	29:58	9:30	21	13:36	73	16:45	40.95	4:06:02	6:00	9	50:03	42	1:20:26