



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

**Zindel, Volker**

Club: Bad Hersfeld

Number: 75

Course: 40.95 km

Marathon

Category:

Männer M50

Total time: 4:07:41

Speed: 9.69 km/h

Running performance: 6:03 min/km

Rank in course/Total: 45 (of 78)

Rank in course/Men: 44 (of 74)

Best time in course: 2:45:36

Rank in category: 7(of 8)

Best time in the category: 2:45:36

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	17:02	5:24	6	5:32	47	5:32	3.15	17:02	5:24	7	5:32	13	1:03
Lap 2	3.15	17:45	5:38	6	5:52	51	5:52	6.30	34:47	5:31	7	11:24	13	1:26
Lap 3	3.15	18:11	5:46	6	6:14	52	18:07	9.45	52:58	5:36	7	17:38	13	1:43
Lap 4	3.15	19:05	6:03	7	6:51	55	6:51	12.60	1:12:03	5:43	7	24:29	13	3:39
Lap 5	3.15	18:57	6:00	7	6:36	51	6:36	15.75	1:31:00	5:46	7	31:05	13	4:39
Lap 6	3.15	19:03	6:02	6	6:34	49	6:34	18.90	1:50:03	5:49	7	37:39	13	5:39
Lap 7	3.15	19:28	6:10	7	6:53	47	6:53	22.05	2:09:31	5:52	7	44:32	13	6:46
Lap 8	3.15	19:12	6:05	6	6:22	44	6:22	25.20	2:28:43	5:54	7	50:54	13	6:58
Lap 9	3.15	19:16	6:06	6	6:18	39	6:22	28.35	2:47:59	5:55	7	57:12	13	7:19
Lap 10	3.15	19:39	6:14	6	6:23	37	6:30	31.50	3:07:38	5:57	7	1:03:35	13	7:23
Lap 11	3.15	19:59	6:20	6	6:32	33	6:38	34.65	3:27:37	5:59	7	1:10:07	13	6:58
Lap 12	3.15	20:24	6:28	6	6:39	36	7:06	37.80	3:48:01	6:01	7	1:16:46	13	5:03
Last lap Finish	3.15	19:40	6:14	5	5:19	29	6:27	40.95	4:07:41	6:02	7	1:22:05	44	1:22:05