



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Matthes, Jan

Club: LT Breitung

Number: 13

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 4:08:52

Speed: 9.64 km/h

Running performance: 6:05 min/km

Rank in course/Total: 47 (of 78)

Rank in course/Men: 46 (of 74)

Best time in course: 2:45:36

Rank in category: 12(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	15:59	5:04	7	2:53	29	4:29	3.15	15:59	5:04	10		1	-
Lap 2	3.15	17:22	5:30	13	3:44	44	5:29	6.30	33:21	5:17	10		1	-
Lap 3	3.15	17:54	5:40	14	4:01	51	17:50	9.45	51:15	5:25	10		1	-
Lap 4	3.15	17:09	5:26	10	3:02	33	4:55	12.60	1:08:24	5:25	10		1	-
Lap 5	3.15	17:57	5:41	12	3:43	44	5:36	15.75	1:26:21	5:28	10	0:22	1	-
Lap 6	3.15	18:03	5:43	12	3:39	41	5:34	18.90	1:44:24	5:31	10	0:30	1	-
Lap 7	3.15	18:21	5:49	10	3:42	39	5:46	22.05	2:02:45	5:34	10	0:37	1	-
Lap 8	3.15	19:00	6:01	11	3:50	43	6:10	25.20	2:21:45	5:37	10	0:39	1	-
Lap 9	3.15	18:55	6:00	8	3:24	34	6:01	28.35	2:40:40	5:40	10		1	-
Lap 10	3.15	19:35	6:13	7	3:29	36	6:26	31.50	3:00:15	5:43	10		1	-
Lap 11	3.15	20:24	6:28	8	3:50	39	7:03	34.65	3:20:39	5:47	10		1	-
Lap 12	3.15	22:19	7:05	11	5:53	50	9:01	37.80	3:42:58	5:53	10		1	-
Last lap Finish	3.15	25:54	8:13	16	9:32	66	12:41	40.95	4:08:52	6:04	12	52:53	46	1:23:16