



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Gormanns, Kurt

Club: Bramsche

Number: 78

Course: 40.95 km

Marathon

Category:

Männer M55

Total time: 4:12:39

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 49 (of 78)

Rank in course/Men: 48 (of 74)

Best time in course: 2:45:36

Rank in category: 6(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 | 16:33 | 5:15 | 5 | 2:04 | 38 | 5:03 | 3.15 | 16:33 | 5:15 | 6 | | 9 | 0:34 |
| Lap 2 | 3.15 | 17:44 | 5:37 | 6 | 2:33 | 50 | 5:51 | 6.30 | 34:17 | 5:26 | 1 | - | 9 | 0:56 |
| Lap 3 | 3.15 | 17:18 | 5:29 | 4 | 1:40 | 39 | 17:14 | 9.45 | 51:35 | 5:27 | 6 | | 9 | 0:20 |
| Lap 4 | 3.15 | 17:24 | 5:31 | 3 | 1:23 | 39 | 5:10 | 12.60 | 1:08:59 | 5:28 | 6 | | 9 | 0:35 |
| Lap 5 | 3.15 | 19:44 | 6:15 | 8 | 3:10 | 58 | 7:23 | 15.75 | 1:28:43 | 5:37 | 6 | 2:11 | 9 | 2:22 |
| Lap 6 | 3.15 | 19:27 | 6:10 | 8 | 2:51 | 54 | 6:58 | 18.90 | 1:48:10 | 5:43 | 6 | 3:16 | 9 | 3:46 |
| Lap 7 | 3.15 | 20:01 | 6:21 | 7 | 2:36 | 51 | 7:26 | 22.05 | 2:08:11 | 5:48 | 6 | 5:52 | 9 | 5:26 |
| Lap 8 | 3.15 | 20:12 | 6:24 | 6 | 2:55 | 49 | 7:22 | 25.20 | 2:28:23 | 5:53 | 6 | 7:56 | 9 | 6:38 |
| Lap 9 | 3.15 | 19:33 | 6:12 | 5 | 1:38 | 43 | 6:39 | 28.35 | 2:47:56 | 5:55 | 6 | 9:34 | 9 | 7:16 |
| Lap 10 | 3.15 | 20:57 | 6:39 | 8 | 2:21 | 49 | 7:48 | 31.50 | 3:08:53 | 5:59 | 6 | 11:55 | 9 | 8:38 |
| Lap 11 | 3.15 | 21:59 | 6:58 | 9 | 3:41 | 53 | 8:38 | 34.65 | 3:30:52 | 6:05 | 6 | 15:36 | 9 | 10:13 |
| Lap 12 | 3.15 | 20:58 | 6:39 | 5 | 3:00 | 40 | 7:40 | 37.80 | 3:51:50 | 6:07 | 6 | 18:36 | 9 | 8:52 |
| Last lap Finish | 3.15 | 20:49 | 6:36 | 4 | 3:05 | 37 | 7:36 | 40.95 | 4:12:39 | 6:10 | 6 | 21:41 | 48 | 1:27:03 |