



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Lederer, Claus

Club: Weida (TUS)

Number: 99

Course: 40.95 km

Marathon

Category:

Männer M55

Total time: 4:19:06

Speed: 9.26 km/h

Running performance: 6:20 min/km

Rank in course/Total: 51 (of 78)

Rank in course/Men: 50 (of 74)

Best time in course: 2:45:36

Rank in category: 7(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	15:30	4:55	3	1:01	27	4:00	3.15	15:30	4:55	7		8	
Lap 2	3.15	17:33	5:34	5	2:22	47	5:40	6.30	33:03	5:14	7		8	
Lap 3	3.15	17:02	5:24	3	1:24	36	16:58	9.45	50:05	5:17	7		8	
Lap 4	3.15	20:07	6:23	10	4:06	63	7:53	12.60	1:10:12	5:34	7	1:04	8	1:48
Lap 5	3.15	18:36	5:54	6	2:02	49	6:15	15.75	1:28:48	5:38	7	2:16	8	2:27
Lap 6	3.15	19:14	6:06	6	2:38	51	6:45	18.90	1:48:02	5:42	7	3:08	8	3:38
Lap 7	3.15	19:44	6:15	6	2:19	49	7:09	22.05	2:07:46	5:47	7	5:27	8	5:01
Lap 8	3.15	21:21	6:46	7	4:04	55	8:31	25.20	2:29:07	5:55	7	8:40	8	7:22
Lap 9	3.15	20:41	6:33	8	2:46	50	7:47	28.35	2:49:48	5:59	7	11:26	8	9:08
Lap 10	3.15	21:21	6:46	9	2:45	52	8:12	31.50	3:11:09	6:04	7	14:11	8	10:54
Lap 11	3.15	21:41	6:53	8	3:23	49	8:20	34.65	3:32:50	6:08	7	17:34	8	12:11
Lap 12	3.15	24:37	7:48	10	6:39	60	11:19	37.80	3:57:27	6:16	7	24:13	8	14:29
Last lap Finish	3.15	21:39	6:52	6	3:55	42	8:26	40.95	4:19:06	6:19	7	28:08	50	1:33:30