



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

Nielsen, Jörgen Steen

Club: Guldborgsundlöberne / DULK

Number: 42

Course: 40.95 km

Marathon

Category:

Männer M40

Total time: 4:25:00

Speed: 9.06 km/h

Running performance: 6:28 min/km

Rank in course/Total: 54 (of 78)

Rank in course/Men: 53 (of 74)

Best time in course: 2:45:36

Rank in category: 11(of 13)

Best time in the category: 3:15:30

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	18:10	5:46	12	4:00	57	6:40	3.15	18:10	5:46	11	3:41	5	2:11
Lap 2	3.15	18:15	5:47	12	3:51	57	6:22	6.30	36:25	5:46	11	7:32	5	3:04
Lap 3	3.15	18:20	5:49	12	3:52	54	18:16	9.45	54:45	5:47	11	11:24	5	3:30
Lap 4	3.15	18:26	5:51	12	3:46	53	6:12	12.60	1:13:11	5:48	11	15:10	5	4:47
Lap 5	3.15	19:33	6:12	12	4:56	57	7:12	15.75	1:32:44	5:53	11	20:06	5	6:23
Lap 6	3.15	18:50	5:58	11	3:43	48	6:21	18.90	1:51:34	5:54	11	23:49	5	7:10
Lap 7	3.15	19:39	6:14	10	4:40	48	7:04	22.05	2:11:13	5:57	11	28:29	5	8:28
Lap 8	3.15	21:11	6:43	11	5:51	52	8:21	25.20	2:32:24	6:02	11	34:20	5	10:39
Lap 9	3.15	21:28	6:48	11	6:14	53	8:34	28.35	2:53:52	6:07	11	40:34	5	13:12
Lap 10	3.15	21:51	6:56	11	7:21	54	8:42	31.50	3:15:43	6:12	11	47:55	5	15:28
Lap 11	3.15	22:45	7:13	11	7:25	56	9:24	34.65	3:38:28	6:18	11	55:20	5	17:49
Lap 12	3.15	23:23	7:25	11	7:22	54	10:05	37.80	4:01:51	6:23	11	1:02:42	5	18:53
Last lap Finish	3.15	23:09	7:20	11	6:48	54	9:56	40.95	4:25:00	6:28	11	1:09:30	53	1:39:24