



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Kieselbach, Wolfgang

Club: 100 Marathon Club

Number: 80

Course: 40.95 km

Marathon

Category:

Männer M55

Total time: 4:26:37

Speed: 9.00 km/h

Running performance: 6:31 min/km

Rank in course/Total: 55 (of 78)

Rank in course/Men: 54 (of 74)

Best time in course: 2:45:36

Rank in category: 9(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	18:57	6:00	11	4:28	66	7:27	3.15	18:57	6:00	9	1:56	4	2:58
Lap 2	3.15	19:52	6:18	11	4:41	67	7:59	6.30	38:49	6:09	9	4:32	4	5:28
Lap 3	3.15	20:11	6:24	11	4:33	67	20:07	9.45	59:00	6:14	9	7:23	4	7:45
Lap 4	3.15	20:41	6:33	11	4:40	67	8:27	12.60	1:19:41	6:19	9	10:33	4	11:17
Lap 5	3.15	20:34	6:31	11	4:00	66	8:13	15.75	1:40:15	6:21	9	13:43	4	13:54
Lap 6	3.15	20:26	6:29	9	3:50	61	7:57	18.90	2:00:41	6:23	9	15:47	4	16:17
Lap 7	3.15	21:05	6:41	10	3:40	59	8:30	22.05	2:21:46	6:25	9	19:27	4	19:01
Lap 8	3.15	21:29	6:49	8	4:12	58	8:39	25.20	2:43:15	6:28	9	22:48	4	21:30
Lap 9	3.15	19:58	6:20	7	2:03	45	7:04	28.35	3:03:13	6:27	9	24:51	4	22:33
Lap 10	3.15	19:47	6:16	4	1:11	38	6:38	31.50	3:23:00	6:26	9	26:02	4	22:45
Lap 11	3.15	20:09	6:23	3	1:51	35	6:48	34.65	3:43:09	6:26	9	27:53	4	22:30
Lap 12	3.15	20:20	6:27	3	2:22	35	7:02	37.80	4:03:29	6:26	9	30:15	4	20:31
Last lap Finish	3.15	23:08	7:20	9	5:24	53	9:55	40.95	4:26:37	6:30	9	35:39	54	1:41:01