



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Schwonburg, Dirk

Club: LC Auensee Leipzig

Number: 11

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 4:39:19

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 62 (of 78)

Rank in course/Men: 59 (of 74)

Best time in course: 2:45:36

Rank in category: 15(of 21)

Best time in the category: 3:15:59

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.15	20:00	6:20	21	6:54	73	8:30	3.15	20:00	6:20	8	2:33	36	4:01
Lap 2	3.15	20:26	6:29	20	6:48	70	8:33	6.30	40:26	6:25	8	5:49	36	7:05
Lap 3	3.15	20:26	6:29	19	6:33	69	20:22	9.45	1:00:52	6:26	8	9:11	36	9:37
Lap 4	3.15	20:17	6:26	18	6:10	65	8:03	12.60	1:21:09	6:26	8	12:14	36	12:45
Lap 5	3.15	20:27	6:29	18	6:13	65	8:06	15.75	1:41:36	6:27	8	15:37	36	15:15
Lap 6	3.15	20:36	6:32	18	6:12	63	8:07	18.90	2:02:12	6:27	8	18:18	36	17:48
Lap 7	3.15	21:10	6:43	17	6:31	62	8:35	22.05	2:23:22	6:30	8	21:14	36	20:37
Lap 8	3.15	21:14	6:44	15	6:04	53	8:24	25.20	2:44:36	6:31	8	23:30	36	22:51
Lap 9	3.15	22:18	7:04	14	6:47	58	9:24	28.35	3:06:54	6:35	8	25:48	36	26:14
Lap 10	3.15	22:14	7:03	13	6:08	56	9:05	31.50	3:29:08	6:38	8	28:03	36	28:53
Lap 11	3.15	23:30	7:27	14	6:56	59	10:09	34.65	3:52:38	6:42	8	30:03	36	31:59
Lap 12	3.15	23:17	7:23	13	6:51	53	9:59	37.80	4:15:55	6:46	8	30:53	36	32:57
Last lap Finish	3.15	23:24	7:25	13	7:02	55	10:11	40.95	4:39:19	6:49	15	1:23:20	59	1:53:43