



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Wieneke, Peter

Club: 100 Marathon Club

Number: 89

Course: 40.95 km

Marathon

Category:

Männer M60

Total time: 4:40:35

Speed: 8.55 km/h

Running performance: 6:51 min/km

Rank in course/Total: 63 (of 78)

Rank in course/Men: 60 (of 74)

Best time in course: 2:45:36

Rank in category: 3(of 4)

Best time in the category: 3:31:28

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	18:59	6:01	2	4:29	67	7:29	3.15	18:59	6:01	3	4:29	35	3:00
Lap 2	3.15	19:51	6:18	3	4:40	66	7:58	6.30	38:50	6:09	3	9:09	35	5:29
Lap 3	3.15	20:12	6:24	3	4:48	68	20:08	9.45	59:02	6:14	3	13:57	35	7:47
Lap 4	3.15	20:41	6:33	3	5:02	67	8:27	12.60	1:19:43	6:19	3	18:59	35	11:19
Lap 5	3.15	20:35	6:32	3	4:34	67	8:14	15.75	1:40:18	6:22	3	23:33	35	13:57
Lap 6	3.15	20:25	6:28	2	4:09	59	7:56	18.90	2:00:43	6:23	3	27:42	35	16:19
Lap 7	3.15	21:04	6:41	2	4:35	58	8:29	22.05	2:21:47	6:25	3	32:17	26	19:02
Lap 8	3.15	24:09	7:39	4	7:43	72	11:19	25.20	2:45:56	6:35	3	40:00	35	24:11
Lap 9	3.15	21:48	6:55	3	5:10	55	8:54	28.35	3:07:44	6:37	3	45:10	35	27:04
Lap 10	3.15	22:30	7:08	3	5:47	57	9:21	31.50	3:30:14	6:40	3	50:57	35	29:59
Lap 11	3.15	23:11	7:21	3	6:09	57	9:50	34.65	3:53:25	6:44	3	57:06	35	32:46
Lap 12	3.15	23:36	7:29	3	6:09	56	10:18	37.80	4:17:01	6:47	3	1:03:15	35	34:03
Last lap Finish	3.15	23:34	7:28	3	5:52	57	10:21	40.95	4:40:35	6:51	3	1:09:07	60	1:54:59