



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Leffler, Mirko

Club: PHOTO PERFECT Suhl

Number: 28

Course: 40.95 km

Marathon

Category:

Männer M35

Total time: 4:42:54

Speed: 8.48 km/h

Running performance: 6:55 min/km

Rank in course/Total: 68 (of 78)

Rank in course/Men: 66 (of 74)

Best time in course: 2:45:36

Rank in category: 8(of 9)

Best time in the category: 3:12:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.15	17:07	5:26	8	4:30	49	5:37	3.15	17:07	5:26	8	4:30	20	1:08	
Lap 2	3.15	18:30	5:52	8	5:02	58	6:37	6.30	35:37	5:39	8	9:32	20	2:16	
Lap 3	3.15	20:09	6:23	9	20:05	66	20:05	9.45	55:46	5:54	8	15:42	20	4:31	
Lap 4	3.15	19:57	6:19	8	5:53	60	7:43	12.60	1:15:43	6:00	8	21:23	20	7:19	
Lap 5	3.15	20:15	6:25	8	5:58	63	7:54	15.75	1:35:58	6:05	8	27:20	20	9:37	
Lap 6	3.15	20:47	6:35	9	6:04	67	8:18	18.90	1:56:45	6:10	8	33:18	20	12:21	
Lap 7	3.15	22:54	7:16	9	8:06	74	10:19	22.05	2:19:39	6:20	8	41:24	20	16:54	
Lap 8	3.15	24:13	7:41	9	9:25	73	11:23	25.20	2:43:52	6:30	8	50:49	20	22:07	
Lap 9	3.15	24:22	7:44	9	9:01	70	11:28	28.35	3:08:14	6:38	8	59:50	20	27:34	
Lap 10	3.15	24:38	7:49	9	9:06	67	11:29	31.50	3:32:52	6:45	8	1:08:56	20	32:37	
Lap 11	3.15	24:37	7:48	8	8:56	64	11:16	34.65	3:57:29	6:51	8	1:17:52	20	36:50	
Lap 12	3.15	24:39	7:49	8	8:24	61	11:21	37.80	4:22:08	6:56	8	1:26:16	20	39:10	
Last lap Finish	3.15	20:46	6:35	7	4:33	36	7:33	40.95	4:42:54	6:54	8	1:30:49	65	1:57:18	