



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Albrecht, Steffen

Club: Reichenbach

Number: 46

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 4:52:48

Speed: 8.20 km/h

Running performance: 7:09 min/km

Rank in course/Total: 73 (of 78)

Rank in course/Men: 69 (of 74)

Best time in course: 2:45:36

Rank in category: 18(of 21)

Best time in the category: 3:15:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.15	18:14	5:47	17	5:08	58	6:44	3.15	18:14	5:47	5	0:47	18	2:15
Lap 2	3.15	19:59	6:20	18	6:21	68	8:06	6.30	38:13	6:03	5	3:36	26	4:52
Lap 3	3.15	20:04	6:22	17	6:11	64	20:00	9.45	58:17	6:10	5	6:36	26	7:02
Lap 4	3.15	20:30	6:30	19	6:23	66	8:16	12.60	1:18:47	6:15	5	9:52	26	10:23
Lap 5	3.15	20:56	6:38	19	6:42	68	8:35	15.75	1:39:43	6:19	5	13:44	26	13:22
Lap 6	3.15	20:48	6:36	19	6:24	68	8:19	18.90	2:00:31	6:22	5	16:37	26	16:07
Lap 7	3.15	21:16	6:45	19	6:37	64	8:41	22.05	2:21:47	6:25	5	19:39	26	19:02
Lap 8	3.15	22:13	7:03	18	7:03	66	9:23	25.20	2:44:00	6:30	5	22:54	26	22:15
Lap 9	3.15	25:07	7:58	19	9:36	71	12:13	28.35	3:09:07	6:40	5	28:01	26	28:27
Lap 10	3.15	25:35	8:07	19	9:29	71	12:26	31.50	3:34:42	6:48	5	33:37	26	34:27
Lap 11	3.15	25:54	8:13	17	9:20	68	12:33	34.65	4:00:36	6:56	5	38:01	26	39:57
Lap 12	3.15	26:25	8:23	17	9:59	69	13:07	37.80	4:27:01	7:03	5	41:59	26	44:03
Last lap Finish	3.15	25:47	8:11	15	9:25	65	12:34	40.95	4:52:48	7:09	18	1:36:49	69	2:07:12