



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Wanielik, Jens

Club: Wolfenbüttel

Number: 23

Course: 40.95 km

Marathon

Category:

Männer M30

Total time: 4:53:03

Speed: 8.19 km/h

Running performance: 7:10 min/km

Rank in course/Total: 74 (of 78)

Rank in course/Men: 70 (of 74)

Best time in course: 2:45:36

Rank in category: 4(of 4)

Best time in the category: 3:09:33

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:03	5:43	4	4:51	55	6:33	3.15	18:03	5:43	4	4:01	25	2:04
Lap 2	3.15	18:31	5:52	4	4:49	59	6:38	6.30	36:34	5:48	4	7:49	25	3:13
Lap 3	3.15	18:27	5:51	4	4:32	56	18:23	9.45	55:01	5:49	4	11:46	25	3:46
Lap 4	3.15	18:29	5:52	4	4:53	54	6:15	12.60	1:13:30	5:50	4	15:30	25	5:06
Lap 5	3.15	18:39	5:55	4	4:23	50	6:18	15.75	1:32:09	5:51	4	19:20	25	5:48
Lap 6	3.15	19:12	6:05	4	4:36	50	6:43	18.90	1:51:21	5:53	4	23:46	25	6:57
Lap 7	3.15	21:50	6:55	4	7:08	69	9:15	22.05	2:13:11	6:02	4	30:47	25	10:26
Lap 8	3.15	24:07	7:39	4	9:37	71	11:17	25.20	2:37:18	6:14	4	40:24	25	15:33
Lap 9	3.15	26:33	8:25	4	11:55	74	13:39	28.35	3:03:51	6:29	4	52:19	25	23:11
Lap 10	3.15	28:45	9:07	4	14:19	74	15:36	31.50	3:32:36	6:44	4	1:06:38	25	32:21
Lap 11	3.15	26:44	8:29	4	12:17	70	13:23	34.65	3:59:20	6:54	4	1:18:55	25	38:41
Lap 12	3.15	27:20	8:40	4	12:52	72	14:02	37.80	4:26:40	7:03	4	1:31:47	25	43:42
Last lap Finish	3.15	26:23	8:22	4	11:43	67	13:10	40.95	4:53:03	7:09	4	1:43:30	70	2:07:27