



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Satzinger, Rainer

Club: DUV

Number: 58

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 4:54:40

Speed: 8.14 km/h

Running performance: 7:12 min/km

Rank in course/Total: 75 (of 78)

Rank in course/Men: 71 (of 74)

Best time in course: 2:45:36

Rank in category: 19(of 21)

Best time in the category: 3:15:59

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	18:44	5:56	19	5:38	65	7:14	3.15	18:44	5:56	4	1:17	24	2:45
Lap 2	3.15	19:30	6:11	17	5:52	63	7:37	6.30	38:14	6:04	4	3:37	24	4:53
Lap 3	3.15	20:04	6:22	17	6:11	64	20:00	9.45	58:18	6:10	4	6:37	24	7:03
Lap 4	3.15	20:14	6:25	17	6:07	64	8:00	12.60	1:18:32	6:13	4	9:37	24	10:08
Lap 5	3.15	20:12	6:24	17	5:58	62	7:51	15.75	1:38:44	6:16	4	12:45	24	12:23
Lap 6	3.15	20:09	6:23	16	5:45	58	7:40	18.90	1:58:53	6:17	4	14:59	24	14:29
Lap 7	3.15	21:14	6:44	18	6:35	63	8:39	22.05	2:20:07	6:21	4	17:59	24	17:22
Lap 8	3.15	21:30	6:49	16	6:20	59	8:40	25.20	2:41:37	6:24	4	20:31	24	19:52
Lap 9	3.15	23:28	7:26	18	7:57	67	10:34	28.35	3:05:05	6:31	4	23:59	24	24:25
Lap 10	3.15	25:07	7:58	18	9:01	70	11:58	31.50	3:30:12	6:40	4	29:07	24	29:57
Lap 11	3.15	27:08	8:36	19	10:34	72	13:47	34.65	3:57:20	6:50	4	34:45	24	36:41
Lap 12	3.15	28:43	9:06	20	12:17	73	15:25	37.80	4:26:03	7:02	4	41:01	24	43:05
Last lap Finish	3.15	28:37	9:05	20	12:15	72	15:24	40.95	4:54:40	7:11	19	1:38:41	71	2:09:04