



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

#### Detailed evaluation

Ickert, Peter

Club: RSC

Number: 100

Course: 40.95 km

Marathon

Category:

Männer M45

Total time: 5:07:41

Speed: 7.80 km/h

Running performance: 7:31 min/km

Rank in course/Total: 78 (of 78)

Rank in course/Men: 74 (of 74)

Best time in course: 2:45:36

Rank in category: 21(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.15	19:52	6:18	20	6:46	69	8:22	3.15	19:52	6:18	2	2:25	21	3:53
Lap 2	3.15	21:23	6:47	21	7:45	73	9:30	6.30	41:15	6:32	2	6:38	21	7:54
Lap 3	3.15	21:54	6:57	21	8:01	73	21:50	9.45	1:03:09	6:40	2	11:28	21	11:54
Lap 4	3.15	21:18	6:45	21	7:11	71	9:04	12.60	1:24:27	6:42	2	15:32	21	16:03
Lap 5	3.15	21:27	6:48	20	7:13	71	9:06	15.75	1:45:54	6:43	2	19:55	21	19:33
Lap 6	3.15	22:00	6:59	21	7:36	74	9:31	18.90	2:07:54	6:46	2	24:00	21	23:30
Lap 7	3.15	22:19	7:05	21	7:40	72	9:44	22.05	2:30:13	6:48	2	28:05	21	27:28
Lap 8	3.15	23:58	7:36	20	8:48	70	11:08	25.20	2:54:11	6:54	2	33:05	21	32:26
Lap 9	3.15	25:43	8:09	21	10:12	73	12:49	28.35	3:19:54	7:03	2	38:48	21	39:14
Lap 10	3.15	27:11	8:37	20	11:05	72	14:02	31.50	3:47:05	7:12	2	46:00	21	46:50
Lap 11	3.15	27:08	8:36	19	10:34	72	13:47	34.65	4:14:13	7:20	2	51:38	21	53:34
Lap 12	3.15	26:31	8:25	18	10:05	70	13:13	37.80	4:40:44	7:25	2	55:42	21	57:46
Last lap Finish	3.15	26:57	8:33	17	10:35	68	13:44	40.95	5:07:41	7:30	21	1:51:42	74	2:22:05