



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

DEICHMANN, Jörg

Club: Laufftreff TSV Dörnberg

Number: 68

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:00:43

Speed: 13.94 km/h

Running performance: 4:17 min/km

Rank in course/Total: 4 (of 143)

Rank in course/Men: 4 (of 129)

Best time in course: 2:55:38

Rank in category: 2(of 38)

Best time in the category: 2:59:52

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	3.25	13:08	4:02	3	0:10	8	0:51	3.25	13:08	4:02	21		8	
Lap 2	3.25	13:28	4:08	2	0:18	7	0:37	6.50	26:36	4:05	21		8	
Lap 3	3.25	13:41	4:12	2	0:26	6	0:46	9.75	40:17	4:07	21		8	
Lap 4	3.25	13:40	4:12	2	0:14	6	0:47	13.00	53:57	4:09	21		8	
Lap 5	3.25	13:40	4:12	2	0:05	6	0:39	16.25	1:07:37	4:09	21		8	
Lap 6	3.25	13:32	4:09	1	-	3	0:39	19.50	1:21:09	4:09	21		8	
Lap 7	3.25	13:42	4:12	1	-	4	0:32	22.75	1:34:51	4:10	21		8	
Lap 8	3.25	13:47	4:14	1	-	3	0:15	26.00	1:48:38	4:10	21		4	4:24
Lap 9	3.25	13:46	4:14	1	-	2	0:08	29.25	2:02:24	4:11	21		4	4:20
Lap 10	3.25	14:08	4:20	1	-	2	0:05	32.50	2:16:32	4:12	21		4	4:25
Lap 11	3.25	14:14	4:22	2	0:04	3	0:06	35.75	2:30:46	4:13	20		4	4:31
Lap 12	3.25	14:48	4:33	3	0:57	4	0:57	39.00	2:45:34	4:14	20		4	4:36
Last lap Finish	3.25	15:09	4:39	5	1:34	7	1:34	42.25	3:00:43	4:16	2	0:51	8	31:00