



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

CLEMEN, Jörg

Club: Laufteam Groß Wokern

Number: 67

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:08:56

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 7 (of 143)

Rank in course/Men: 7 (of 129)

Best time in course: 2:55:38

Rank in category: 4(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	12:58	3:59	1	-	5	0:41	3.25	12:58	3:59	24		7	
Lap 2	3.25	13:37	4:11	3	0:27	8	0:46	6.50	26:35	4:05	24		12	
Lap 3	3.25	13:42	4:12	3	0:27	7	0:47	9.75	40:17	4:07	21		8	
Lap 4	3.25	13:42	4:12	3	0:16	7	0:49	13.00	53:59	4:09	24		12	
Lap 5	3.25	14:29	4:27	3	0:54	11	1:28	16.25	1:08:28	4:12	24		12	
Lap 6	3.25	14:35	4:29	4	1:03	11	1:42	19.50	1:23:03	4:15	24		12	
Lap 7	3.25	14:51	4:34	4	1:09	12	1:41	22.75	1:37:54	4:18	24		12	
Lap 8	3.25	14:43	4:31	4	0:56	9	1:11	26.00	1:52:37	4:19	24		8	8:23
Lap 9	3.25	15:09	4:39	4	1:23	10	1:31	29.25	2:07:46	4:22	24		8	9:42
Lap 10	3.25	15:12	4:40	5	1:04	9	1:09	32.50	2:22:58	4:23	24		8	10:51
Lap 11	3.25	15:04	4:38	4	0:54	5	0:56	35.75	2:38:02	4:25	22		7	11:47
Lap 12	3.25	15:36	4:47	5	1:45	7	1:45	39.00	2:53:38	4:27	22		7	12:40
Last lap Finish	3.25	15:18	4:42	6	1:43	9	1:43	42.25	3:08:56	4:28	5	9:04	12	39:13