



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

RIEDEL, Roland

Club: Adler-Langlauf Bottrop

Number: 55

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:17:57

Speed: 12.73 km/h

Running performance: 4:41 min/km

Rank in course/Total: 13 (of 143)

Rank in course/Men: 13 (of 129)

Best time in course: 2:55:38

Rank in category: 5(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	14:32	4:28	8	1:34	18	2:15	3.25	14:32	4:28	25		18	
Lap 2	3.25	15:01	4:37	12	1:51	26	2:10	6.50	29:33	4:32	25		18	
Lap 3	3.25	15:03	4:37	9	1:48	23	2:08	9.75	44:36	4:34	25		18	
Lap 4	3.25	15:06	4:38	7	1:40	19	2:13	13.00	59:42	4:35	25		18	
Lap 5	3.25	15:13	4:40	8	1:38	20	2:12	16.25	1:14:55	4:36	23		11	
Lap 6	3.25	15:27	4:45	8	1:55	23	2:34	19.50	1:30:22	4:38	25		18	
Lap 7	3.25	15:33	4:47	7	1:51	19	2:23	22.75	1:45:55	4:39	25		18	
Lap 8	3.25	15:37	4:48	6	1:50	16	2:05	26.00	2:01:32	4:40	25		14	17:18
Lap 9	3.25	15:50	4:52	8	2:04	17	2:12	29.25	2:17:22	4:41	25		14	19:18
Lap 10	3.25	15:23	4:44	6	1:15	11	1:20	32.50	2:32:45	4:42	25		14	20:38
Lap 11	3.25	15:23	4:44	5	1:13	7	1:15	35.75	2:48:08	4:42	23		13	21:53
Lap 12	3.25	15:35	4:47	4	1:44	6	1:44	39.00	3:03:43	4:42	23		13	22:45
Last lap Finish	3.25	14:14	4:22	2	0:39	2	0:39	42.25	3:17:57	4:41	6	18:05	18	48:14