



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HEINRICH, Uwe

Club: BSG Mecklenburgische Vers. Hannover
Number: 98

Course: 42.25 km
Marathon

Category:
Männer M50

Total time: 3:20:53

Speed: 12.54 km/h
Running performance: 4:45 min/km

Rank in course/Total: 16 (of 143)

Rank in course/Men: 16 (of 129)

Best time in course: 2:55:38

Rank in category: 2(of 20)

Best time in the category: 3:09:03

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	3.25	14:48	4:33	2	1:34	28	2:31	3.25	14:48	4:33	20		21	
Lap 2	3.25	14:46	4:32	2	0:55	19	1:55	6.50	29:34	4:32	20		21	
Lap 3	3.25	14:57	4:35	2	0:50	20	2:02	9.75	44:31	4:33	20		21	
Lap 4	3.25	14:57	4:35	2	0:42	16	2:04	13.00	59:28	4:34	20		21	
Lap 5	3.25	15:13	4:40	2	0:51	20	2:12	16.25	1:14:41	4:35	20		21	
Lap 6	3.25	15:19	4:42	2	0:48	19	2:26	19.50	1:30:00	4:36	20		21	
Lap 7	3.25	15:20	4:43	2	0:39	14	2:10	22.75	1:45:20	4:37	20		21	
Lap 8	3.25	15:20	4:43	2	0:29	13	1:48	26.00	2:00:40	4:38	20		17	16:26
Lap 9	3.25	15:33	4:47	2	0:36	14	1:55	29.25	2:16:13	4:39	20		17	18:09
Lap 10	3.25	15:49	4:51	2	0:49	16	1:46	32.50	2:32:02	4:40	20		17	19:55
Lap 11	3.25	16:08	4:57	2	1:00	15	2:00	35.75	2:48:10	4:42	20		16	21:55
Lap 12	3.25	16:28	5:03	2	1:17	14	2:37	39.00	3:04:38	4:44	20		16	23:40
Last lap Finish	3.25	16:15	5:00	2	1:20	14	2:40	42.25	3:20:53	4:45	2	11:50	21	51:10