



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

CYCH, Marco

Club: Rüdesheim

Number: 172

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:29:23

Speed: 12.11 km/h

Running performance: 4:58 min/km

Rank in course/Total: 24 (of 143)

Rank in course/Men: 23 (of 129)

Best time in course: 2:55:38

Rank in category: 3(of 11)

Best time in the category: 3:07:41

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	14:47	4:32	4	2:25	27	2:30	3.25	14:47	4:32	4		28	
Lap 2	3.25	14:56	4:35	3	2:05	22	2:05	6.50	29:43	4:34	4		19	
Lap 3	3.25	14:59	4:36	3	2:01	22	2:04	9.75	44:42	4:35	4		28	
Lap 4	3.25	15:35	4:47	4	2:36	29	2:42	13.00	1:00:17	4:38	4		28	
Lap 5	3.25	15:11	4:40	3	2:02	19	2:10	16.25	1:15:28	4:38	4		28	
Lap 6	3.25	15:02	4:37	3	1:22	14	2:09	19.50	1:30:30	4:38	4		28	
Lap 7	3.25	15:45	4:50	3	2:08	22	2:35	22.75	1:46:15	4:40	4		28	
Lap 8	3.25	16:23	5:02	4	2:18	29	2:51	26.00	2:02:38	4:43	3	16:57	24	18:24
Lap 9	3.25	17:16	5:18	4	2:40	36	3:38	29.25	2:19:54	4:46	3	19:37	24	21:50
Lap 10	3.25	17:14	5:18	4	2:21	31	3:11	32.50	2:37:08	4:50	3	21:58	24	25:01
Lap 11	3.25	17:42	5:26	4	1:51	27	3:34	35.75	2:54:50	4:53	3	23:49	23	28:35
Lap 12	3.25	17:51	5:29	3	0:56	30	4:00	39.00	3:12:41	4:56	3	23:08	23	31:43
Last lap Finish	3.25	16:42	5:08	3	0:23	25	3:07	42.25	3:29:23	4:57	4	59:40	28	59:40