



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**HELMERT, Michael**

Club: DJK Marienstatt

Number: 60

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:30:03

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 25 (of 143)

Rank in course/Men: 24 (of 129)

Best time in course: 2:55:38

Rank in category: 11(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	14:41	4:31	12	1:43	22	2:24	3.25	14:41	4:31	31		29	
Lap 2	3.25	14:58	4:36	10	1:48	23	2:07	6.50	29:39	4:33	31		29	
Lap 3	3.25	15:15	4:41	13	2:00	28	2:20	9.75	44:54	4:36	31		29	
Lap 4	3.25	15:11	4:40	8	1:45	20	2:18	13.00	1:00:05	4:37	31		29	
Lap 5	3.25	15:10	4:39	7	1:35	18	2:09	16.25	1:15:15	4:37	31		29	
Lap 6	3.25	15:45	4:50	11	2:13	27	2:52	19.50	1:31:00	4:40	31		29	
Lap 7	3.25	15:39	4:48	8	1:57	21	2:29	22.75	1:46:39	4:41	31		29	
Lap 8	3.25	16:11	4:58	8	2:24	22	2:39	26.00	2:02:50	4:43	31		25	18:36
Lap 9	3.25	16:36	5:06	13	2:50	28	2:58	29.25	2:19:26	4:46	31		25	21:22
Lap 10	3.25	16:48	5:10	12	2:40	22	2:45	32.50	2:36:14	4:48	31		25	24:07
Lap 11	3.25	17:26	5:21	14	3:16	26	3:18	35.75	2:53:40	4:51	29		24	27:25
Lap 12	3.25	18:01	5:32	16	4:10	32	4:10	39.00	3:11:41	4:54	29		24	30:43
Last lap Finish	3.25	18:22	5:39	20	4:47	38	4:47	42.25	3:30:03	4:58	12	30:11	29	1:00:20