



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

WITZLER, Frank

Club: Jogmap

Number: 93

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:35:05

Speed: 11.72 km/h

Running performance: 5:05 min/km

Rank in course/Total: 30 (of 143)

Rank in course/Men: 29 (of 129)

Best time in course: 2:55:38

Rank in category: 15(of 38)

Best time in the category: 2:59:52

Intermediate times				Stage score				Total ranking						
Control	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	16:50	5:10	23	3:52	65	4:33	3.25	16:50	5:10	36		35	0:20
Lap 2	3.25	17:29	5:22	26	4:19	68	4:38	6.50	34:19	5:16	36		35	0:20
Lap 3	3.25	16:46	5:09	22	3:31	53	3:51	9.75	51:05	5:14	2		35	
Lap 4	3.25	15:42	4:49	14	2:16	30	2:49	13.00	1:06:47	5:08	36		35	
Lap 5	3.25	15:52	4:52	14	2:17	31	2:51	16.25	1:22:39	5:05	36		35	
Lap 6	3.25	15:50	4:52	12	2:18	28	2:57	19.50	1:38:29	5:03	36		35	
Lap 7	3.25	16:12	4:59	14	2:30	34	3:02	22.75	1:54:41	5:02	36		35	
Lap 8	3.25	16:25	5:03	13	2:38	31	2:53	26.00	2:11:06	5:02	36		31	26:52
Lap 9	3.25	16:34	5:05	11	2:48	26	2:56	29.25	2:27:40	5:02	36		31	29:36
Lap 10	3.25	16:51	5:11	13	2:43	23	2:48	32.50	2:44:31	5:03	35		30	32:24
Lap 11	3.25	16:37	5:06	8	2:27	18	2:29	35.75	3:01:08	5:03	33		29	34:53
Lap 12	3.25	17:25	5:21	12	3:34	23	3:34	39.00	3:18:33	5:05	33		29	37:35
Last lap Finish	3.25	16:32	5:05	13	2:57	22	2:57	42.25	3:35:05	5:05	17	35:13	35	1:05:22