



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STOSSBERGER, Udo

Club: VFL Ostelsheim

Number: 84

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:37:02

Speed: 11.61 km/h

Running performance: 5:08 min/km

Rank in course/Total: 34 (of 143)

Rank in course/Men: 33 (of 129)

Best time in course: 2:55:38

Rank in category: 16(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	14:34	4:28	9	1:36	19	2:17	3.25	14:34	4:28	37		39	
Lap 2	3.25	14:59	4:36	11	1:49	24	2:08	6.50	29:33	4:32	25		18	
Lap 3	3.25	15:23	4:44	14	2:08	30	2:28	9.75	44:56	4:36	37		39	
Lap 4	3.25	15:57	4:54	17	2:31	35	3:04	13.00	1:00:53	4:41	37		39	
Lap 5	3.25	16:04	4:56	17	2:29	37	3:03	16.25	1:16:57	4:44	37		39	
Lap 6	3.25	16:09	4:58	16	2:37	32	3:16	19.50	1:33:06	4:46	37		39	
Lap 7	3.25	16:43	5:08	16	3:01	40	3:33	22.75	1:49:49	4:49	37		39	
Lap 8	3.25	16:49	5:10	15	3:02	34	3:17	26.00	2:06:38	4:52	37		35	22:24
Lap 9	3.25	17:07	5:15	16	3:21	32	3:29	29.25	2:23:45	4:54	37		35	25:41
Lap 10	3.25	17:45	5:27	18	3:37	36	3:42	32.50	2:41:30	4:58	36		34	29:23
Lap 11	3.25	18:23	5:39	19	4:13	38	4:15	35.75	2:59:53	5:01	32		28	33:38
Lap 12	3.25	18:50	5:47	20	4:59	41	4:59	39.00	3:18:43	5:05	34		33	37:45
Last lap Finish	3.25	18:19	5:38	19	4:44	37	4:44	42.25	3:37:02	5:08	18	37:10	39	1:07:19