



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

KASSEL, Klaus

Club: West Coast Athletic Club

Number: 166

Course: 42.25 km

Marathon

Category:

Männer M60

Total time: 3:40:30

Speed: 11.43 km/h

Running performance: 5:13 min/km

Rank in course/Total: 39 (of 143)

Rank in course/Men: 38 (of 129)

Best time in course: 2:55:38

Rank in category: 1(of 4)

Best time in the category: 3:40:30

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	15:49	4:51	1	-	46	3:32	3.25	15:49	4:51	1	-	44	
Lap 2	3.25	16:14	4:59	1	-	46	3:23	6.50	32:03	4:55	1	-	44	
Lap 3	3.25	16:11	4:58	1	-	40	3:16	9.75	48:14	4:56	1	-	44	
Lap 4	3.25	16:07	4:57	1	-	36	3:14	13.00	1:04:21	4:56	1	-	44	
Lap 5	3.25	16:02	4:56	1	-	35	3:01	16.25	1:20:23	4:56	1	-	42	
Lap 6	3.25	16:28	5:03	1	-	37	3:35	19.50	1:36:51	4:58	1	-	44	
Lap 7	3.25	16:31	5:04	1	-	38	3:21	22.75	1:53:22	4:58	1	-	44	
Lap 8	3.25	16:59	5:13	1	-	38	3:27	26.00	2:10:21	5:00	1	-	40	26:07
Lap 9	3.25	17:12	5:17	1	-	34	3:34	29.25	2:27:33	5:02	1	-	40	29:29
Lap 10	3.25	17:48	5:28	1	-	37	3:45	32.50	2:45:21	5:05	1	-	39	33:14
Lap 11	3.25	18:07	5:34	1	-	35	3:59	35.75	3:03:28	5:07	1	-	38	37:13
Lap 12	3.25	18:38	5:44	1	-	40	4:47	39.00	3:22:06	5:10	1	-	38	41:08
Last lap Finish	3.25	18:24	5:39	1	-	39	4:49	42.25	3:40:30	5:13	1	-	44	1:10:47