



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

KRÜGER, Gerd

Club: Ilmenau

Number: 36

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:43:02

Speed: 11.30 km/h

Running performance: 5:17 min/km

Rank in course/Total: 43 (of 143)

Rank in course/Men: 42 (of 129)

Best time in course: 2:55:38

Rank in category: 9(of 23)

Best time in the category: 3:12:05

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	15:09	4:39	6	1:35	36	2:52	3.25	15:09	4:39	14		27			
Lap 2	3.25	15:38	4:48	8	1:57	39	2:47	6.50	30:47	4:44	14		48			
Lap 3	3.25	16:05	4:56	6	2:03	38	3:10	9.75	46:52	4:48	14		48			
Lap 4	3.25	16:29	5:04	8	2:26	44	3:36	13.00	1:03:21	4:52	14		48			
Lap 5	3.25	16:25	5:03	8	2:13	40	3:24	16.25	1:19:46	4:54	14		48			
Lap 6	3.25	16:24	5:02	7	1:57	36	3:31	19.50	1:36:10	4:55	14		48			
Lap 7	3.25	16:28	5:03	7	1:55	37	3:18	22.75	1:52:38	4:57	14		48			
Lap 8	3.25	17:06	5:15	8	2:27	40	3:34	26.00	2:09:44	4:59	14		44	25:30		
Lap 9	3.25	17:17	5:19	7	2:26	37	3:39	29.25	2:27:01	5:01	14		44	28:57		
Lap 10	3.25	19:00	5:50	10	3:46	56	4:57	32.50	2:46:01	5:06	14		43	33:54		
Lap 11	3.25	19:13	5:54	9	3:37	47	5:05	35.75	3:05:14	5:10	14		42	38:59		
Lap 12	3.25	19:05	5:52	8	2:58	45	5:14	39.00	3:24:19	5:14	14		42	43:21		
Last lap Finish	3.25	18:43	5:45	7	2:40	43	5:08	42.25	3:43:02	5:16	11	1:11:22	48	1:13:19		