



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

GEBES, Norbert

Club: Bad-Lauchstädt

Number: 97

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:54:39

Speed: 10.74 km/h

Running performance: 5:33 min/km

Rank in course/Total: 54 (of 143)

Rank in course/Men: 52 (of 129)

Best time in course: 2:55:38

Rank in category: 5(of 20)

Best time in the category: 3:09:03

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	16:27	5:03	7	3:13	58	4:10	3.25	16:27	5:03	17	0:11	58	
Lap 2	3.25	16:44	5:08	4	2:53	55	3:53	6.50	33:11	5:06	17		58	
Lap 3	3.25	17:05	5:15	4	2:58	60	4:10	9.75	50:16	5:09	17		58	
Lap 4	3.25	16:58	5:13	4	2:43	54	4:05	13.00	1:07:14	5:10	17		58	
Lap 5	3.25	16:46	5:09	4	2:24	47	3:45	16.25	1:24:00	5:10	17		58	
Lap 6	3.25	17:06	5:15	5	2:35	47	4:13	19.50	1:41:06	5:11	17		58	
Lap 7	3.25	17:47	5:28	7	3:06	56	4:37	22.75	1:58:53	5:13	17		58	
Lap 8	3.25	17:57	5:31	6	3:06	53	4:25	26.00	2:16:50	5:15	17		54	32:36
Lap 9	3.25	18:28	5:40	7	3:31	54	4:50	29.25	2:35:18	5:18	17		54	37:14
Lap 10	3.25	19:15	5:55	8	4:15	60	5:12	32.50	2:54:33	5:22	17		53	42:26
Lap 11	3.25	19:43	6:03	8	4:35	55	5:35	35.75	3:14:16	5:26	17		52	48:01
Lap 12	3.25	19:55	6:07	6	4:44	51	6:04	39.00	3:34:11	5:29	17		52	53:13
Last lap Finish	3.25	20:28	6:17	11	5:33	68	6:53	42.25	3:54:39	5:33	5	45:36	58	1:24:56