



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HARDT, Frank

Club: Jogmap

Number: 53

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:59:02

Speed: 10.54 km/h

Running performance: 5:40 min/km

Rank in course/Total: 64 (of 143)

Rank in course/Men: 62 (of 129)

Best time in course: 2:55:38

Rank in category: 12(of 23)

Best time in the category: 3:12:05

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	16:48	5:10	14	3:14	64	4:31	3.25	16:48	5:10	11		68	0:18
Lap 2	3.25	17:31	5:23	13	3:50	71	4:40	6.50	34:19	5:16	11		35	0:20
Lap 3	3.25	17:40	5:26	14	3:38	72	4:45	9.75	51:59	5:19	11		68	
Lap 4	3.25	18:15	5:36	15	4:12	82	5:22	13.00	1:10:14	5:24	11	0:07	68	
Lap 5	3.25	18:36	5:43	19	4:24	92	5:35	16.25	1:28:50	5:28	11	1:41	68	
Lap 6	3.25	18:09	5:35	13	3:42	73	5:16	19.50	1:46:59	5:29	11	2:55	68	
Lap 7	3.25	18:06	5:34	12	3:33	65	4:56	22.75	2:05:05	5:29	11	4:13	68	
Lap 8	3.25	18:37	5:43	11	3:58	66	5:05	26.00	2:23:42	5:31	11	11:37	64	39:28
Lap 9	3.25	19:16	5:55	11	4:25	68	5:38	29.25	2:42:58	5:34	11	11:36	64	44:54
Lap 10	3.25	19:14	5:55	11	4:00	59	5:11	32.50	3:02:12	5:36	11	10:56	63	50:05
Lap 11	3.25	19:22	5:57	10	3:46	50	5:14	35.75	3:21:34	5:38	11	6:54	62	55:19
Lap 12	3.25	19:03	5:51	7	2:56	44	5:12	39.00	3:40:37	5:39	11	4:43	62	59:39
Last lap Finish	3.25	18:25	5:40	6	2:22	40	4:50	42.25	3:59:02	5:39	14	1:27:22	68	1:29:19