



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

EBBERT, Norbert

Club: LG DUV

Number: 104

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:04:27

Speed: 10.31 km/h

Running performance: 5:47 min/km

Rank in course/Total: 74 (of 143)

Rank in course/Men: 68 (of 129)

Best time in course: 2:55:38

Rank in category: 12(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:16	5:18	13	4:02	79	4:59	3.25	17:16	5:18	10	1:00	74	0:46
Lap 2	3.25	18:08	5:34	14	4:17	83	5:17	6.50	35:24	5:26	10	2:10	74	1:25
Lap 3	3.25	17:57	5:31	13	3:50	75	5:02	9.75	53:21	5:28	10	2:46	74	1:17
Lap 4	3.25	18:13	5:36	14	3:58	80	5:20	13.00	1:11:34	5:30	10	3:33	74	1:03
Lap 5	3.25	18:21	5:38	13	3:59	80	5:20	16.25	1:29:55	5:31	10	4:12	74	0:50
Lap 6	3.25	18:28	5:40	14	3:57	79	5:35	19.50	1:48:23	5:33	10	4:25	74	0:11
Lap 7	3.25	18:34	5:42	11	3:53	71	5:24	22.75	2:06:57	5:34	10	3:36	74	
Lap 8	3.25	19:02	5:51	11	4:11	73	5:30	26.00	2:25:59	5:36	10	3:23	70	41:45
Lap 9	3.25	19:09	5:53	11	4:12	66	5:31	29.25	2:45:08	5:38	10	3:06	70	47:04
Lap 10	3.25	18:40	5:44	7	3:40	53	4:37	32.50	3:03:48	5:39	10	1:44	69	51:41
Lap 11	3.25	19:55	6:07	9	4:47	57	5:47	35.75	3:23:43	5:41	10	1:31	68	57:28
Lap 12	3.25	20:28	6:17	9	5:17	59	6:37	39.00	3:44:11	5:44	10	1:47	68	1:03:13
Last lap Finish	3.25	20:16	6:14	10	5:21	65	6:41	42.25	4:04:27	5:47	12	55:24	74	1:34:44