



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

BERNATH, Wolfgang

Club: marathon4you.de

Number: 106

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:08:44

Speed: 10.13 km/h

Running performance: 5:53 min/km

Rank in course/Total: 78 (of 143)

Rank in course/Men: 72 (of 129)

Best time in course: 2:55:38

Rank in category: 13(of 20)

Best time in the category: 3:09:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	17:33	5:24	14	4:19	81	5:16	3.25	17:33	5:24	9	1:17	78	1:03
Lap 2	3.25	17:08	5:16	7	3:17	61	4:17	6.50	34:41	5:20	9	1:27	63	0:42
Lap 3	3.25	17:26	5:21	9	3:19	68	4:31	9.75	52:07	5:20	9	1:32	78	0:03
Lap 4	3.25	17:45	5:27	11	3:30	70	4:52	13.00	1:09:52	5:22	9	1:51	78	
Lap 5	3.25	17:56	5:31	12	3:34	72	4:55	16.25	1:27:48	5:24	9	2:05	78	
Lap 6	3.25	17:59	5:31	8	3:28	65	5:06	19.50	1:45:47	5:25	9	1:49	78	
Lap 7	3.25	18:01	5:32	10	3:20	64	4:51	22.75	2:03:48	5:26	9	0:27	78	
Lap 8	3.25	18:29	5:41	10	3:38	64	4:57	26.00	2:22:17	5:28	9		49	38:03
Lap 9	3.25	18:30	5:41	8	3:33	55	4:52	29.25	2:40:47	5:29	9		74	42:43
Lap 10	3.25	19:22	5:57	9	4:22	62	5:19	32.50	3:00:09	5:32	9		73	48:02
Lap 11	3.25	19:20	5:56	6	4:12	49	5:12	35.75	3:19:29	5:34	9		57	53:14
Lap 12	3.25	22:21	6:52	16	7:10	88	8:30	39.00	3:41:50	5:41	9		72	1:00:52
Last lap Finish	3.25	26:54	8:16	19	11:59	120	13:19	42.25	4:08:44	5:53	13	59:41	78	1:39:01