



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

PANTEL, Günter

Club: TVG Kaiserau Kamen

Number: 125

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:11:29

Speed: 10.02 km/h

Running performance: 5:57 min/km

Rank in course/Total: 82 (of 143)

Rank in course/Men: 76 (of 129)

Best time in course: 2:55:38

Rank in category: 4(of 8)

Best time in the category: 3:46:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	16:07	4:57	2	0:33	48	3:50	3.25	16:07	4:57	3	0:33	81	
Lap 2	3.25	16:06	4:57	1	-	43	3:15	6.50	32:13	4:57	3	0:29	81	
Lap 3	3.25	16:53	5:11	3	0:26	56	3:58	9.75	49:06	5:02	3	0:55	81	
Lap 4	3.25	17:58	5:31	3	1:37	73	5:05	13.00	1:07:04	5:09	3	2:32	81	
Lap 5	3.25	17:45	5:27	3	1:19	68	4:44	16.25	1:24:49	5:13	3	3:51	81	
Lap 6	3.25	18:37	5:43	4	1:56	82	5:44	19.50	1:43:26	5:18	3	5:47	81	
Lap 7	3.25	18:28	5:40	3	1:43	68	5:18	22.75	2:01:54	5:21	3	7:30	81	
Lap 8	3.25	18:40	5:44	3	1:25	69	5:08	26.00	2:20:34	5:24	3	8:55	77	36:20
Lap 9	3.25	20:13	6:13	4	2:27	77	6:35	29.25	2:40:47	5:29	3	11:22	74	42:43
Lap 10	3.25	21:01	6:28	5	2:40	88	6:58	32.50	3:01:48	5:35	3	14:02	76	49:41
Lap 11	3.25	21:08	6:30	5	2:02	75	7:00	35.75	3:22:56	5:40	3	16:04	75	56:41
Lap 12	3.25	24:13	7:27	7	4:36	102	10:22	39.00	3:47:09	5:49	3	19:48	75	1:06:11
Last lap Finish	3.25	24:20	7:29	7	5:25	110	10:45	42.25	4:11:29	5:57	4	25:13	82	1:41:46