



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HOFMANN, Friedhelm

Club: DLR Simmern

Number: 61

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:17:23

Speed: 9.79 km/h

Running performance: 6:05 min/km

Rank in course/Total: 88 (of 143)

Rank in course/Men: 82 (of 129)

Best time in course: 2:55:38

Rank in category: 31(of 38)

Best time in the category: 2:59:52

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	19:10	5:53	33	6:12	106	6:53	3.25	19:10	5:53	9	0:36	70	2:40
Lap 2	3.25	19:38	6:02	35	6:28	112	6:47	6.50	38:48	5:58	14	2:06	86	4:49
Lap 3	3.25	19:17	5:56	35	6:02	107	6:22	9.75	58:05	5:57	14	3:11	86	6:01
Lap 4	3.25	19:21	5:57	33	5:55	97	6:28	13.00	1:17:26	5:57	14	4:02	86	6:55
Lap 5	3.25	19:40	6:03	35	6:05	106	6:39	16.25	1:37:06	5:58	14	5:22	86	8:01
Lap 6	3.25	19:45	6:04	33	6:13	101	6:52	19.50	1:56:51	5:59	14	6:39	86	8:39
Lap 7	3.25	19:38	6:02	31	5:56	86	6:28	22.75	2:16:29	5:59	14	6:27	86	7:54
Lap 8	3.25	19:29	5:59	30	5:42	77	5:57	26.00	2:35:58	5:59	14	7:09	82	51:44
Lap 9	3.25	19:49	6:05	30	6:03	75	6:11	29.25	2:55:47	6:00	14	7:13	82	57:43
Lap 10	3.25	20:18	6:14	30	6:10	77	6:15	32.50	3:16:05	6:01	14	7:35	81	1:03:58
Lap 11	3.25	20:00	6:09	24	5:50	60	5:52	35.75	3:36:05	6:02	13	8:23	80	1:09:50
Lap 12	3.25	21:03	6:28	27	7:12	69	7:12	39.00	3:57:08	6:04	13	9:30	80	1:16:10
Last lap Finish	3.25	20:15	6:13	27	6:40	63	6:40	42.25	4:17:23	6:05	33	1:17:31	88	1:47:40