



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STEINBRECHER, Diethard

Club: 100 Marathon Club Deutschland

Number: 118

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:19:35

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 91 (of 143)

Rank in course/Men: 85 (of 129)

Best time in course: 2:55:38

Rank in category: 5(of 8)

Best time in the category: 3:46:16

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:48	5:47	6	3:14	98	6:31	3.25	18:48	5:47	4	3:14	89	2:18
Lap 2	3.25	19:03	5:51	6	2:57	103	6:12	6.50	37:51	5:49	4	6:07	89	3:52
Lap 3	3.25	19:18	5:56	6	2:51	108	6:23	9.75	57:09	5:51	4	8:58	89	5:05
Lap 4	3.25	19:37	6:02	7	3:16	99	6:44	13.00	1:16:46	5:54	4	12:14	89	6:15
Lap 5	3.25	19:42	6:03	6	3:16	107	6:41	16.25	1:36:28	5:56	4	15:30	89	7:23
Lap 6	3.25	20:14	6:13	7	3:33	108	7:21	19.50	1:56:42	5:59	4	19:03	89	8:30
Lap 7	3.25	19:51	6:06	6	3:06	92	6:41	22.75	2:16:33	6:00	4	22:09	89	7:58
Lap 8	3.25	20:28	6:17	7	3:13	93	6:56	26.00	2:37:01	6:02	4	25:22	85	52:47
Lap 9	3.25	20:20	6:15	5	2:34	83	6:42	29.25	2:57:21	6:03	4	27:56	85	59:17
Lap 10	3.25	20:33	6:19	4	2:12	81	6:30	32.50	3:17:54	6:05	4	30:08	84	1:05:47
Lap 11	3.25	21:02	6:28	4	1:56	72	6:54	35.75	3:38:56	6:07	4	32:04	83	1:12:41
Lap 12	3.25	20:43	6:22	4	1:06	65	6:52	39.00	3:59:39	6:08	4	32:18	83	1:18:41
Last lap Finish	3.25	19:56	6:08	3	1:01	55	6:21	42.25	4:19:35	6:08	5	33:19	91	1:49:52