



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

REINHARD-MILTZ, Gerhard

Club: 100 Marathon Club

Number: 119

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:09:03

Speed: 10.12 km/h

Running performance: 5:53 min/km

Rank in course/Total: 80 (of 143)

Rank in course/Men: 74 (of 129)

Best time in course: 2:55:38

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:55	5:49	7	3:21	100	6:38	3.25	18:55	5:49	7	3:21	105	2:25
Lap 2	3.25	18:33	5:42	5	2:27	93	5:42	6.50	37:28	5:45	5	5:44	99	3:29
Lap 3	3.25	19:42	6:03	7	3:15	110	6:47	9.75	57:10	5:51	7	8:59	105	5:06
Lap 4	3.25	19:36	6:01	6	3:15	98	6:43	13.00	1:16:46	5:54	4	12:14	89	6:15
Lap 5	3.25	18:41	5:44	4	2:15	94	5:40	16.25	1:35:27	5:52	7	14:29	105	6:22
Lap 6	3.25	18:05	5:33	3	1:24	68	5:12	19.50	1:53:32	5:49	7	15:53	105	5:20
Lap 7	3.25	18:43	5:45	4	1:58	74	5:33	22.75	2:12:15	5:48	7	17:51	105	3:40
Lap 8	3.25	19:33	6:00	4	2:18	79	6:01	26.00	2:31:48	5:50	7	20:09	101	47:34
Lap 9	3.25	18:55	5:49	3	1:09	62	5:17	29.25	2:50:43	5:50	7	21:18	101	52:39
Lap 10	3.25	19:24	5:58	3	1:03	64	5:21	32.50	3:10:07	5:50	7	22:21	100	58:00
Lap 11	3.25	20:00	6:09	3	0:54	60	5:52	35.75	3:30:07	5:52	7	23:15	99	1:03:52
Lap 12	3.25	19:37	6:02	1	-	50	5:46	39.00	3:49:44	5:53	7	22:23	99	1:08:46
Last lap Finish	3.25	19:19	5:56	2	0:24	51	5:44	42.25	4:09:03	5:53	3	22:47	80	1:39:20