



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STEINICKE, Thomas

Club: SGW 05 Berlin

Number: 110

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:16:43

Speed: 9.82 km/h

Running performance: 6:05 min/km

Rank in course/Total: 87 (of 143)

Rank in course/Men: 81 (of 129)

Best time in course: 2:55:38

Rank in category: 14(of 20)

Best time in the category: 3:09:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	10	3:39	66	4:36	3.25	16:53	5:11	4	0:37	41	0:23
Lap 2	3.25	17:41	5:26	12	3:50	74	4:50	6.50	34:34	5:19	4	1:20	114	0:35
Lap 3	3.25	17:13	5:17	6	3:06	62	4:18	9.75	51:47	5:18	4	1:12	114	
Lap 4	3.25	17:41	5:26	10	3:26	67	4:48	13.00	1:09:28	5:20	4	1:27	114	
Lap 5	3.25	17:49	5:28	10	3:27	70	4:48	16.25	1:27:17	5:22	4	1:34	114	
Lap 6	3.25	18:03	5:33	9	3:32	67	5:10	19.50	1:45:20	5:24	4	1:22	114	
Lap 7	3.25	19:37	6:02	14	4:56	85	6:27	22.75	2:04:57	5:29	4	1:36	114	
Lap 8	3.25	19:22	5:57	14	4:31	76	5:50	26.00	2:24:19	5:33	4	1:43	110	40:05
Lap 9	3.25	20:22	6:15	15	5:25	84	6:44	29.25	2:44:41	5:37	4	2:39	110	46:37
Lap 10	3.25	20:32	6:19	14	5:32	80	6:29	32.50	3:05:13	5:41	4	3:09	109	53:06
Lap 11	3.25	24:15	7:27	18	9:07	99	10:07	35.75	3:29:28	5:51	4	7:16	108	1:03:13
Lap 12	3.25	23:32	7:14	17	8:21	98	9:41	39.00	3:53:00	5:58	4	10:36	108	1:12:02
Last lap Finish	3.25	23:43	7:17	17	8:48	104	10:08	42.25	4:16:43	6:04	14	1:07:40	87	1:47:00