



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ROTH, Ralf

Club: Judoklub Kogatan Bad Salzungen
Number: 177

Course: 42.25 km
Marathon

Category:
Männer M45

Total time: 4:53:43

Speed: 8.58 km/h
Running performance: 6:57 min/km

Rank in course/Total: 121 (of 143)

Rank in course/Men: 113 (of 129)

Best time in course: 2:55:38

Rank in category: 36(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 19:14 | 5:55 | 36 | 6:16 | 112 | 6:57 | 3.25 | 19:14 | 5:55 | 19 | 0:40 | 119 | 2:44 |
| Lap 2 | 3.25 | 20:41 | 6:21 | 38 | 7:31 | 124 | 7:50 | 6.50 | 39:55 | 6:08 | 19 | 3:13 | 119 | 5:56 |
| Lap 3 | 3.25 | 21:04 | 6:28 | 38 | 7:49 | 123 | 8:09 | 9.75 | 1:00:59 | 6:15 | 19 | 6:05 | 119 | 8:55 |
| Lap 4 | 3.25 | 21:27 | 6:35 | 37 | 8:01 | 121 | 8:34 | 13.00 | 1:22:26 | 6:20 | 19 | 9:02 | 119 | 11:55 |
| Lap 5 | 3.25 | 21:45 | 6:41 | 38 | 8:10 | 124 | 8:44 | 16.25 | 1:44:11 | 6:24 | 19 | 12:27 | 119 | 15:06 |
| Lap 6 | 3.25 | 21:37 | 6:39 | 37 | 8:05 | 118 | 8:44 | 19.50 | 2:05:48 | 6:27 | 19 | 15:36 | 119 | 17:36 |
| Lap 7 | 3.25 | 22:30 | 6:55 | 37 | 8:48 | 116 | 9:20 | 22.75 | 2:28:18 | 6:31 | 19 | 18:16 | 119 | 19:43 |
| Lap 8 | 3.25 | 23:23 | 7:11 | 38 | 9:36 | 116 | 9:51 | 26.00 | 2:51:41 | 6:36 | 19 | 22:52 | 115 | 1:07:27 |
| Lap 9 | 3.25 | 24:32 | 7:32 | 38 | 10:46 | 120 | 10:54 | 29.25 | 3:16:13 | 6:42 | 19 | 27:39 | 115 | 1:18:09 |
| Lap 10 | 3.25 | 24:19 | 7:28 | 37 | 10:11 | 114 | 10:16 | 32.50 | 3:40:32 | 6:47 | 19 | 32:02 | 114 | 1:28:25 |
| Lap 11 | 3.25 | 25:02 | 7:42 | 36 | 10:52 | 111 | 10:54 | 35.75 | 4:05:34 | 6:52 | 18 | 37:52 | 113 | 1:39:19 |
| Lap 12 | 3.25 | 24:35 | 7:33 | 35 | 10:44 | 105 | 10:44 | 39.00 | 4:30:09 | 6:55 | 18 | 42:31 | 113 | 1:49:11 |
| Last lap Finish | 3.25 | 23:34 | 7:15 | 34 | 9:59 | 101 | 9:59 | 42.25 | 4:53:43 | 6:57 | 38 | 1:53:51 | 119 | 2:24:00 |