



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