



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

MEYER, Hans-Joachim

Club: 100 Marathon Club

Number: 136

Course: 42.25 km

Marathon

Category:

Männer M70

Total time: 4:56:21

Speed: 8.50 km/h

Running performance: 7:01 min/km

Rank in course/Total: 122 (of 143)

Rank in course/Men: 114 (of 129)

Best time in course: 2:55:38

Rank in category: 3(of 3)

Best time in the category: 4:17:23

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	20:13	6:13	3	2:27	122	7:56	3.25	20:13	6:13	3	2:27	120	3:43
Lap 2	3.25	20:31	6:18	3	1:55	120	7:40	6.50	40:44	6:15	3	4:22	120	6:45
Lap 3	3.25	20:31	6:18	3	1:45	120	7:36	9.75	1:01:15	6:16	3	6:07	120	9:11
Lap 4	3.25	21:27	6:35	3	2:59	121	8:34	13.00	1:22:42	6:21	3	9:06	120	12:11
Lap 5	3.25	21:26	6:35	3	2:24	120	8:25	16.25	1:44:08	6:24	3	11:30	120	15:03
Lap 6	3.25	21:37	6:39	3	2:36	118	8:44	19.50	2:05:45	6:26	3	14:06	120	17:33
Lap 7	3.25	23:31	7:14	3	4:05	124	10:21	22.75	2:29:16	6:33	3	18:11	120	20:41
Lap 8	3.25	22:52	7:02	2	3:16	113	9:20	26.00	2:52:08	6:37	3	21:27	116	1:07:54
Lap 9	3.25	23:27	7:12	2	2:58	115	9:49	29.25	3:15:35	6:41	3	24:25	116	1:17:31
Lap 10	3.25	23:56	7:21	2	3:42	109	9:53	32.50	3:39:31	6:45	3	28:07	115	1:27:24
Lap 11	3.25	25:35	7:52	2	4:32	112	11:27	35.75	4:05:06	6:51	3	32:39	114	1:38:51
Lap 12	3.25	25:19	7:47	2	3:59	109	11:28	39.00	4:30:25	6:56	3	36:38	114	1:49:27
Last lap Finish	3.25	25:56	7:58	2	2:20	117	12:21	42.25	4:56:21	7:00	3	38:58	120	2:26:38