



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

KRAUSE, Karl-Heinz

Club: Erst laufen dann saufen

Number: 101

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 5:12:55

Speed: 8.05 km/h

Running performance: 7:25 min/km

Rank in course/Total: 134 (of 143)

Rank in course/Men: 121 (of 129)

Best time in course: 2:55:38

Rank in category: 20(of 20)

Best time in the category: 3:09:03

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	20:18	6:14	20	7:04	124	8:01	3.25	20:18	6:14	2	4:02	125	3:48
Lap 2	3.25	20:31	6:18	20	6:40	120	7:40	6.50	40:49	6:16	2	7:35	127	6:50
Lap 3	3.25	21:43	6:40	20	7:36	128	8:48	9.75	1:02:32	6:24	2	11:57	127	10:28
Lap 4	3.25	21:48	6:42	20	7:33	125	8:55	13.00	1:24:20	6:29	2	16:19	127	13:49
Lap 5	3.25	22:09	6:48	20	7:47	126	9:08	16.25	1:46:29	6:33	2	20:46	127	17:24
Lap 6	3.25	22:59	7:04	20	8:28	127	10:06	19.50	2:09:28	6:38	2	25:30	127	21:16
Lap 7	3.25	23:15	7:09	20	8:34	122	10:05	22.75	2:32:43	6:42	2	29:22	127	24:08
Lap 8	3.25	23:51	7:20	19	9:00	118	10:19	26.00	2:56:34	6:47	2	33:58	123	1:12:20
Lap 9	3.25	24:42	7:35	20	9:45	121	11:04	29.25	3:21:16	6:52	2	39:14	123	1:23:12
Lap 10	3.25	27:21	8:24	20	12:21	121	13:18	32.50	3:48:37	7:02	2	46:33	122	1:36:30
Lap 11	3.25	27:32	8:28	20	12:24	120	13:24	35.75	4:16:09	7:09	2	53:57	121	1:49:54
Lap 12	3.25	27:17	8:23	19	12:06	119	13:26	39.00	4:43:26	7:16	2	1:01:02	121	2:02:28
Last lap Finish	3.25	29:29	9:04	20	14:34	125	15:54	42.25	5:12:55	7:24	20	2:03:52	127	2:43:12