



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen

Number: 54

Course: 22.75 km

Halbmarathon

Category:

Männer M45

Total time: 1:55:50

Speed: 11.40 km/h

Running performance: 5:05 min/km

Rank in course/Total: 3 (of 7)

Rank in course/Men: 3 (of 6)

Best time in course: 1:48:49

Rank in category: 2(of 3)

Best time in the category: 1:48:49

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	13:48	4:14	1	-	1	-	3.25	13:48	4:14	1	-	1	-
Lap 2	3.25	14:59	4:36	2	0:08	2	0:08	6.50	28:47	4:25	1	-	1	-
Lap 3	3.25	16:27	5:03	2	1:01	3	1:01	9.75	45:14	4:38	1	-	1	-
Lap 4	3.25	16:38	5:07	2	1:19	3	1:19	13.00	1:01:52	4:45	3	-	6	-
Lap 5	3.25	16:52	5:11	2	1:08	3	1:08	16.25	1:18:44	4:50	1	-	1	-
Lap 6	3.25	17:53	5:30	2	1:37	3	1:37	19.50	1:36:37	4:57	1	-	1	-
Last lap Finish	3.25	19:13	5:54	2	2:21	3	2:21	22.75	1:55:50	5:05	2	7:01	3	7:01