



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Biskamp, Stephan

Club: Philippsthaler Landgrafen

Number: 36

Course: 22.75 km

Halbmarathon

Category:

Männer M45

Total time: 1:48:49

Speed: 12.13 km/h

Running performance: 4:47 min/km

Rank in course/Total: 1 (of 7)

Rank in course/Men: 1 (of 6)

Best time in course: 1:48:49

Rank in category: 1(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	14:21	4:24	2	0:33	2	0:33	3.25	14:21	4:24	2	0:33	2	0:33
Lap 2	3.25	14:51	4:34	1	-	1	-	6.50	29:12	4:29	2	0:25	2	0:25
Lap 3	3.25	15:26	4:44	1	-	1	-	9.75	44:38	4:34	2		2	
Lap 4	3.25	15:19	4:42	1	-	1	-	13.00	59:57	4:36	2		5	
Lap 5	3.25	15:44	4:50	1	-	1	-	16.25	1:15:41	4:39	2		2	
Lap 6	3.25	16:16	5:00	1	-	1	-	19.50	1:31:57	4:42	2		2	
Last lap Finish	3.25	16:52	5:11	1	-	1	-	22.75	1:48:49	4:46	1	-	1	-