



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hell, Roland

Club: Zeitjäger

Number: 23

Course: 22.75 km

Halbmarathon

Category:

Männer M40

Total time: 2:45:24

Speed: 7.98 km/h

Running performance: 7:16 min/km

Rank in course/Total: 6 (of 7)

Rank in course/Men: 5 (of 6)

Best time in course: 1:48:49

Rank in category: 2(of 2)

Best time in the category: 1:52:39

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 17:43 | 5:27 | 2 | 2:30 | 4 | 3:55 | 3.25 | 17:43 | 5:27 | 1 | - | 3 | 3:55 |
| Lap 2 | 3.25 | 22:25 | 6:53 | 2 | 6:42 | 6 | 7:34 | 6.50 | 40:08 | 6:10 | 1 | - | 3 | 11:21 |
| Lap 3 | 3.25 | 23:21 | 7:11 | 2 | 7:38 | 6 | 7:55 | 9.75 | 1:03:29 | 6:30 | 1 | - | 3 | 18:15 |
| Lap 4 | 3.25 | 23:26 | 7:12 | 2 | 7:45 | 5 | 8:07 | 13.00 | 1:26:55 | 6:41 | 1 | - | 1 | - |
| Lap 5 | 3.25 | 25:32 | 7:51 | 2 | 9:40 | 6 | 9:48 | 16.25 | 1:52:27 | 6:55 | 1 | - | 3 | 33:43 |
| Lap 6 | 3.25 | 27:07 | 8:20 | 2 | 10:47 | 6 | 10:51 | 19.50 | 2:19:34 | 7:09 | 1 | - | 3 | 42:57 |
| Last lap Finish | 3.25 | 25:50 | 7:56 | 2 | 7:43 | 5 | 8:58 | 22.75 | 2:45:24 | 7:16 | 2 | 52:45 | 5 | 56:35 |