



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