



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hahn Jensen, Jesper

Club: BP GAS

Number: 21

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:05:08

Speed: 13.61 km/h

Running performance: 4:23 min/km

Rank in course/Total: 3 (of 86)

Rank in course/Men: 3 (of 74)

Best time in course: 2:43:30

Rank in category: 2(of 16)

Best time in the category: 2:43:30

Control	Intermediate times				Stage score				Total ranking					
	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	14:59	4:36	4	3:34	16	3:34	3.25	14:59	4:36	3		51	
Lap 2	3.25	14:32	4:28	2	2:27	8	2:27	6.50	29:31	4:32	3		51	
Lap 3	3.25	15:01	4:37	4	2:47	12	2:47	9.75	44:32	4:34	2	8:48	47	
Lap 4	3.25	14:32	4:28	2	2:01	5	2:01	13.00	59:04	4:32	13	10:49	60	
Lap 5	3.25	14:04	4:19	2	1:27	3	1:27	16.25	1:13:08	4:30	1	-	55	
Lap 6	3.25	14:02	4:19	2	1:22	3	1:22	19.50	1:27:10	4:28	2	13:38	36	
Lap 7	3.25	13:49	4:15	2	1:06	3	1:06	22.75	1:40:59	4:26	2	14:44	52	
Lap 8	3.25	14:03	4:19	2	1:10	2	1:10	26.00	1:55:02	4:25	2	15:54	39	
Lap 9	3.25	13:59	4:18	2	1:23	2	1:23	29.25	2:09:01	4:24	15	17:17	70	
Lap 10	3.25	14:13	4:22	2	1:27	2	1:27	32.50	2:23:14	4:24	2	18:44	54	
Lap 11	3.25	14:01	4:18	2	1:00	2	1:00	35.75	2:37:15	4:23	2	19:44	53	
Lap 12	3.25	14:11	4:21	2	1:07	2	1:07	39.00	2:51:26	4:23	2	20:51	36	
Last lap Finish	3.25	13:42	4:12	2	0:47	2	0:47	42.25	3:05:08	4:22	3	2:10:28	4	2:10:28