



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Habelt, Holger

Club: Rennsteiglauf-Verein Suhl

Number: 40

Course: 22.75 km

Halbmarathon

Category:

Männer M45

Total time: 2:24:59

Speed: 9.10 km/h

Running performance: 6:22 min/km

Rank in course/Total: 5 (of 7)

Rank in course/Men: 4 (of 6)

Best time in course: 1:48:49

Rank in category: 3(of 3)

Best time in the category: 1:48:49

Intermediate times

Stage score

Total ranking

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	19:09	5:53	3	5:21	5	5:21	3.25	19:09	5:53	3	5:21	5	5:21
Lap 2	3.25	20:15	6:13	3	5:24	4	5:24	6.50	39:24	6:03	3	10:37	5	10:37
Lap 3	3.25	20:09	6:11	3	4:43	4	4:43	9.75	59:33	6:06	3	14:19	5	14:19
Lap 4	3.25	21:15	6:32	3	5:56	4	5:56	13.00	1:20:48	6:12	1	-	3	
Lap 5	3.25	21:20	6:33	3	5:36	4	5:36	16.25	1:42:08	6:17	3	23:24	5	23:24
Lap 6	3.25	21:08	6:30	3	4:52	4	4:52	19.50	2:03:16	6:19	3	26:39	6	26:39
Last lap Finish	3.25	21:43	6:40	3	4:51	4	4:51	22.75	2:24:59	6:22	3	36:10	4	36:10