



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

schneiderchen, klaus

Club: Haselstaude Runners

Number: 29

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:14:02

Speed: 12.99 km/h

Running performance: 4:35 min/km

Rank in course/Total: 4 (of 86)

Rank in course/Men: 4 (of 74)

Best time in course: 2:43:30

Rank in category: 3(of 16)

Best time in the category: 2:43:30

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	14:31	4:28	3	3:06	13	3:06	3.25	14:31	4:28	4		53	
Lap 2	3.25	15:06	4:38	4	3:01	14	3:01	6.50	29:37	4:33	4		40	
Lap 3	3.25	14:55	4:35	2	2:41	8	2:41	9.75	44:32	4:34	2	8:48	47	
Lap 4	3.25	15:06	4:38	3	2:35	11	2:35	13.00	59:38	4:35	2	11:23	38	
Lap 5	3.25	14:43	4:31	3	2:06	7	2:06	16.25	1:14:21	4:34	2	1:13	54	
Lap 6	3.25	14:38	4:30	3	1:58	8	1:58	19.50	1:28:59	4:33	3	15:27	37	
Lap 7	3.25	14:35	4:29	3	1:52	4	1:52	22.75	1:43:34	4:33	3	17:19	51	
Lap 8	3.25	15:06	4:38	3	2:13	7	2:13	26.00	1:58:40	4:33	3	19:32	40	
Lap 9	3.25	15:05	4:38	3	2:29	6	2:29	29.25	2:13:45	4:34	2	22:01	51	
Lap 10	3.25	15:17	4:42	3	2:31	5	2:31	32.50	2:29:02	4:35	3	24:32	53	
Lap 11	3.25	15:27	4:45	3	2:26	5	2:26	35.75	2:44:29	4:36	3	26:58	52	
Lap 12	3.25	15:01	4:37	3	1:57	4	1:57	39.00	2:59:30	4:36	3	28:55	37	
Last lap Finish	3.25	14:32	4:28	3	1:37	4	1:37	42.25	3:14:02	4:35	4	2:19:22	5	2:19:22