



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Muhs, Matthias

Club: TV-Fürstenwalde

Number: 44

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:14:03

Speed: 12.99 km/h

Running performance: 4:35 min/km

Rank in course/Total: 5 (of 86)

Rank in course/Men: 5 (of 74)

Best time in course: 2:43:30

Rank in category: 1(of 20)

Best time in the category: 3:14:03

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	13:31	4:09	1	-	6	2:06	3.25	13:31	4:09	11	-	52	
Lap 2	3.25	13:56	4:17	1	-	5	1:51	6.50	27:27	4:13	11	-	52	
Lap 3	3.25	14:00	4:18	1	-	2	1:46	9.75	41:27	4:15	9	-	48	
Lap 4	3.25	14:19	4:24	1	-	3	1:48	13.00	55:46	4:17	1	-	39	
Lap 5	3.25	14:21	4:24	1	-	4	1:44	16.25	1:10:07	4:18	11	-	51	
Lap 6	3.25	14:36	4:29	2	0:19	6	1:56	19.50	1:24:43	4:20	17	-	38	
Lap 7	3.25	14:42	4:31	1	-	5	1:59	22.75	1:39:25	4:22	19	-	50	
Lap 8	3.25	14:52	4:34	1	-	5	1:59	26.00	1:54:17	4:23	11	-	41	
Lap 9	3.25	15:03	4:37	1	-	4	2:27	29.25	2:09:20	4:25	9	-	50	
Lap 10	3.25	15:38	4:48	1	-	7	2:52	32.50	2:24:58	4:27	11	-	52	
Lap 11	3.25	16:10	4:58	2	0:09	8	3:09	35.75	2:41:08	4:30	10	-	51	
Lap 12	3.25	16:34	5:05	2	0:04	8	3:30	39.00	2:57:42	4:33	9	-	38	
Last lap Finish	3.25	16:21	5:01	3	1:21	11	3:26	42.25	3:14:03	4:35	1	-	6	2:19:23