



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Jensen, Lasse Taagaard

Club: Aalborg Triathlon Klub

Number: 15

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 3:15:51

Speed: 12.87 km/h

Running performance: 4:38 min/km

Rank in course/Total: 6 (of 86)

Rank in course/Men: 6 (of 74)

Best time in course: 2:43:30

Rank in category: 2(of 6)

Best time in the category: 3:04:02

Intermediate times

Stage score

Total ranking

Control	Split				Stage score				Total ranking					
	km	Time	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	2	2:32	16	3:34	3.25	14:59	4:36	2	2:32	51	
Lap 2	3.25	14:32	4:28	2	0:52	8	2:27	6.50	29:31	4:32	2	3:24	51	
Lap 3	3.25	15:01	4:37	2	0:56	12	2:47	9.75	44:32	4:34	2	4:20	47	
Lap 4	3.25	14:50	4:33	2	1:01	8	2:19	13.00	59:22	4:33	2	5:21	40	
Lap 5	3.25	14:36	4:29	2	0:49	6	1:59	16.25	1:13:58	4:33	1	-	52	
Lap 6	3.25	14:30	4:27	2	0:48	5	1:50	19.50	1:28:28	4:32	2	6:58	39	
Lap 7	3.25	14:46	4:32	2	1:00	7	2:03	22.75	1:43:14	4:32	2	7:58	49	
Lap 8	3.25	14:54	4:35	2	0:50	6	2:01	26.00	1:58:08	4:32	6	8:48	66	
Lap 9	3.25	15:18	4:42	2	1:09	7	2:42	29.25	2:13:26	4:33	2	9:57	49	
Lap 10	3.25	15:31	4:46	2	1:06	6	2:45	32.50	2:28:57	4:34	2	11:03	51	
Lap 11	3.25	15:28	4:45	2	0:18	6	2:27	35.75	2:44:25	4:35	2	11:21	50	
Lap 12	3.25	15:34	4:47	2	0:04	6	2:30	39.00	2:59:59	4:36	6	11:25	61	
Last lap Finish	3.25	15:52	4:52	2	0:24	7	2:57	42.25	3:15:51	4:38	2	11:49	7	2:21:11