



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hein, Oliver

Club: Vacha

Number: 98

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:18:25

Speed: 12.70 km/h

Running performance: 4:42 min/km

Rank in course/Total: 7 (of 86)

Rank in course/Men: 7 (of 74)

Best time in course: 2:43:30

Rank in category: 1(of 7)

Best time in the category: 3:18:25

Intermediate times				Stage score				Total ranking						
Control	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	13:29	4:08	2	0:05	4	2:04	3.25	13:29	4:08	1	-	50	
Lap 2	3.25	13:53	4:16	2	0:09	4	1:48	6.50	27:22	4:12	1	-	50	
Lap 3	3.25	14:02	4:19	1	-	3	1:48	9.75	41:24	4:14	1	-	46	
Lap 4	3.25	14:22	4:25	1	-	4	1:51	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	1	-	51	
Lap 6	3.25	14:37	4:29	1	-	7	1:57	19.50	1:24:44	4:20	1	-	40	
Lap 7	3.25	14:42	4:31	1	-	5	1:59	22.75	1:39:26	4:22	1	-	48	
Lap 8	3.25	14:51	4:34	1	-	4	1:58	26.00	1:54:17	4:23	1	-	41	
Lap 9	3.25	15:27	4:45	2	0:23	8	2:51	29.25	2:09:44	4:26	1	-	48	
Lap 10	3.25	16:29	5:04	4	1:48	16	3:43	32.50	2:26:13	4:29	1	-	50	
Lap 11	3.25	16:56	5:12	2	1:42	12	3:55	35.75	2:43:09	4:33	1	-	49	
Lap 12	3.25	17:55	5:30	3	3:40	16	4:51	39.00	3:01:04	4:38	6		62	
Last lap Finish	3.25	17:21	5:20	2	3:29	16	4:26	42.25	3:18:25	4:41	1	-	8	2:23:45