



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hein, Michael

Club: Kolding Motion

Number: 2

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:18:59

Speed: 12.66 km/h

Running performance: 4:43 min/km

Rank in course/Total: 8 (of 86)

Rank in course/Men: 8 (of 74)

Best time in course: 2:43:30

Rank in category: 2(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.	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	15:25	4:44	5	2:01	25	4:00	3.25	15:25	4:44	2	1:56	49	
Lap 2	3.25	15:28	4:45	5	1:44	17	3:23	6.50	30:53	4:45	2	3:31	49	
Lap 3	3.25	15:32	4:46	5	1:30	17	3:18	9.75	46:25	4:45	2	5:01	45	
Lap 4	3.25	16:01	4:55	5	1:39	19	3:30	13.00	1:02:26	4:48	2	6:40	42	
Lap 5	3.25	15:49	4:51	5	1:28	17	3:12	16.25	1:18:15	4:48	2	8:08	50	
Lap 6	3.25	16:18	5:00	5	1:41	20	3:38	19.50	1:34:33	4:50	2	9:49	41	
Lap 7	3.25	15:44	4:50	3	1:02	14	3:01	22.75	1:50:17	4:50	2	10:51	47	
Lap 8	3.25	15:36	4:47	2	0:45	10	2:43	26.00	2:05:53	4:50	7	11:36	71	
Lap 9	3.25	15:04	4:38	1	-	5	2:28	29.25	2:20:57	4:49	2	11:13	47	
Lap 10	3.25	14:41	4:31	1	-	4	1:55	32.50	2:35:38	4:47	2	9:25	49	
Lap 11	3.25	15:14	4:41	1	-	4	2:13	35.75	2:50:52	4:46	2	7:43	48	
Lap 12	3.25	14:15	4:23	1	-	3	1:11	39.00	3:05:07	4:44	7		63	
Last lap Finish	3.25	13:52	4:15	1	-	3	0:57	42.25	3:18:59	4:42	2	0:34	9	2:24:19