



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 |