



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Tschapka, Frank**

Club: Magdeburg

Number: 31

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:21:30

Speed: 12.51 km/h

Running performance: 4:46 min/km

Rank in course/Total: 9 (of 86)

Rank in course/Men: 9 (of 74)

Best time in course: 2:43:30

Rank in category: 4(of 16)

Best time in the category: 2:43:30

Control	Intermediate times				Stage score				Total ranking					
	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	13:30	4:09	2	2:05	5	2:05	3.25	13:30	4:09	5			38
Lap 2	3.25	14:39	4:30	3	2:34	10	2:34	6.50	28:09	4:19	5			38
Lap 3	3.25	15:00	4:36	3	2:46	10	2:46	9.75	43:09	4:25	4	7:25		35
Lap 4	3.25	15:06	4:38	3	2:35	11	2:35	13.00	58:15	4:28	12	10:00		58
Lap 5	3.25	15:15	4:41	4	2:38	10	2:38	16.25	1:13:30	4:31	3	0:22		49
Lap 6	3.25	15:21	4:43	4	2:41	13	2:41	19.50	1:28:51	4:33	4	15:19		42
Lap 7	3.25	15:27	4:45	4	2:44	11	2:44	22.75	1:44:18	4:35	4	18:03		46
Lap 8	3.25	15:43	4:50	4	2:50	12	2:50	26.00	2:00:01	4:36	14	20:53		68
Lap 9	3.25	15:57	4:54	4	3:21	11	3:21	29.25	2:15:58	4:38	3	24:14		46
Lap 10	3.25	16:20	5:01	4	3:34	12	3:34	32.50	2:32:18	4:41	4	27:48		48
Lap 11	3.25	16:29	5:04	4	3:28	10	3:28	35.75	2:48:47	4:43	4	31:16		47
Lap 12	3.25	16:35	5:06	4	3:31	9	3:31	39.00	3:05:22	4:45	4	34:47		39
Last lap Finish	3.25	16:08	4:57	4	3:13	9	3:13	42.25	3:21:30	4:46	5	2:26:50	10	2:26:50