



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 |