



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rauscher, Georg

Club: LG Neckar-Enz

Number: 45

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:22:22

Speed: 12.45 km/h

Running performance: 4:47 min/km

Rank in course/Total: 10 (of 86)

Rank in course/Men: 10 (of 74)

Best time in course: 2:43:30

Rank in category: 2(of 20)

Best time in the category: 3:14:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	14:15	4:23	3	0:44	11	2:50	3.25	14:15	4:23	20	-	47	
Lap 2	3.25	14:53	4:34	3	0:57	12	2:48	6.50	29:08	4:28	20	-	47	
Lap 3	3.25	15:23	4:44	4	1:23	16	3:09	9.75	44:31	4:33	18	-	43	
Lap 4	3.25	15:22	4:43	3	1:03	15	2:51	13.00	59:53	4:36	18	4:07	61	
Lap 5	3.25	15:29	4:45	3	1:08	15	2:52	16.25	1:15:22	4:38	20	-	48	
Lap 6	3.25	15:19	4:42	3	1:02	11	2:39	19.50	1:30:41	4:39	1	-	43	
Lap 7	3.25	15:33	4:47	3	0:51	12	2:50	22.75	1:46:14	4:40	1	-	45	
Lap 8	3.25	15:27	4:45	2	0:35	8	2:34	26.00	2:01:41	4:40	19	-	43	
Lap 9	3.25	15:36	4:47	2	0:33	10	3:00	29.25	2:17:17	4:41	18	-	36	
Lap 10	3.25	15:53	4:53	3	0:15	9	3:07	32.50	2:33:10	4:42	20	-	37	
Lap 11	3.25	16:17	5:00	3	0:16	9	3:16	35.75	2:49:27	4:44	19	-	37	
Lap 12	3.25	16:55	5:12	4	0:25	11	3:51	39.00	3:06:22	4:46	16	-	40	
Last lap Finish	3.25	16:00	4:55	2	1:00	8	3:05	42.25	3:22:22	4:47	2	8:19	11	2:27:42