



## 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

### Detailed evaluation

**Josef, Kalat**

Club: AK Litvinov

Number: 75

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 3:23:06

Speed: 12.41 km/h

Running performance: 4:49 min/km

Rank in course/Total: 11 (of 86)

Rank in course/Men: 11 (of 74)

Best time in course: 2:43:30

Rank in category: 1(of 7)

Best time in the category: 3:23:06

Intermediate times				Stage score				Total ranking						
Control	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	13:37	4:11	1	-	8	2:12	3.25	13:37	4:11	1	-	46	
Lap 2	3.25	14:30	4:27	1	-	7	2:25	6.50	28:07	4:19	1	-	46	
Lap 3	3.25	14:39	4:30	1	-	6	2:25	9.75	42:46	4:23	1	-	42	
Lap 4	3.25	14:58	4:36	1	-	10	2:27	13.00	57:44	4:26	1	-	43	
Lap 5	3.25	15:20	4:43	1	-	13	2:43	16.25	1:13:04	4:29	1	-	38	
Lap 6	3.25	15:03	4:37	1	-	9	2:23	19.50	1:28:07	4:31	1	-	44	
Lap 7	3.25	15:09	4:39	1	-	8	2:26	22.75	1:43:16	4:32	1	-	34	
Lap 8	3.25	15:37	4:48	1	-	11	2:44	26.00	1:58:53	4:34	7		67	
Lap 9	3.25	15:57	4:54	1	-	11	3:21	29.25	2:14:50	4:36	1	-	44	
Lap 10	3.25	16:27	5:03	1	-	15	3:41	32.50	2:31:17	4:39	1	-	46	
Lap 11	3.25	17:04	5:15	1	-	14	4:03	35.75	2:48:21	4:42	1	-	45	
Lap 12	3.25	17:50	5:29	1	-	15	4:46	39.00	3:06:11	4:46	6		64	
Last lap Finish	3.25	16:55	5:12	1	-	13	4:00	42.25	3:23:06	4:48	1	-	12	2:28:26