



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Brosig, Jochen

Club: FSV Großenseebach

Number: 37

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:24:04

Speed: 12.35 km/h

Running performance: 4:50 min/km

Rank in course/Total: 13 (of 86)

Rank in course/Men: 13 (of 74)

Best time in course: 2:43:30

Rank in category: 3(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 km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	3.25	15:12	4:40	6	1:41	19	3:47	3.25	15:12	4:40	19		39	
Lap 2	3.25	15:40	4:49	6	1:44	19	3:35	6.50	30:52	4:44	19		44	
Lap 3	3.25	15:47	4:51	5	1:47	19	3:33	9.75	46:39	4:47	17		40	
Lap 4	3.25	15:58	4:54	5	1:39	18	3:27	13.00	1:02:37	4:48	16	6:51	45	
Lap 5	3.25	15:31	4:46	4	1:10	16	2:54	16.25	1:18:08	4:48	19		45	
Lap 6	3.25	15:41	4:49	4	1:24	15	3:01	19.50	1:33:49	4:48	16	3:08	46	
Lap 7	3.25	15:22	4:43	2	0:40	9	2:39	22.75	1:49:11	4:47	18	2:57	42	
Lap 8	3.25	15:31	4:46	3	0:39	9	2:38	26.00	2:04:42	4:47	18		45	
Lap 9	3.25	16:01	4:55	4	0:58	14	3:25	29.25	2:20:43	4:48	17		42	
Lap 10	3.25	15:50	4:52	2	0:12	8	3:04	32.50	2:36:33	4:49	19		44	
Lap 11	3.25	16:01	4:55	1	-	7	3:00	35.75	2:52:34	4:49	18		43	
Lap 12	3.25	16:30	5:04	1	-	7	3:26	39.00	3:09:04	4:50	18		66	
Last lap Finish	3.25	15:00	4:36	1	-	5	2:05	42.25	3:24:04	4:49	3	10:01	14	2:29:24