



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Reiser, Jürgen

Club: LG RWE Power

Number: 46

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:24:35

Speed: 12.32 km/h

Running performance: 4:50 min/km

Rank in course/Total: 15 (of 86)

Rank in course/Men: 14 (of 74)

Best time in course: 2:43:30

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:43	4:31	5	1:12	14	3:18	3.25	14:43	4:31	18			43	
Lap 2	3.25	14:53	4:34	3	0:57	12	2:48	6.50	29:36	4:33	18			43	
Lap 3	3.25	15:07	4:39	3	1:07	15	2:53	9.75	44:43	4:35	16			36	
Lap 4	3.25	15:17	4:42	2	0:58	13	2:46	13.00	1:00:00	4:36	19	4:14		62	
Lap 5	3.25	15:18	4:42	2	0:57	11	2:41	16.25	1:15:18	4:38	18			41	
Lap 6	3.25	14:17	4:23	1	-	4	1:37	19.50	1:29:35	4:35	15			34	
Lap 7	3.25	16:53	5:11	5	2:11	21	4:10	22.75	1:46:28	4:40	17	0:14		41	
Lap 8	3.25	15:44	4:50	4	0:52	13	2:51	26.00	2:02:12	4:42	20			70	
Lap 9	3.25	15:59	4:55	3	0:56	13	3:23	29.25	2:18:11	4:43	16			41	
Lap 10	3.25	16:24	5:02	4	0:46	14	3:38	32.50	2:34:35	4:45	18			43	
Lap 11	3.25	16:43	5:08	4	0:42	11	3:42	35.75	2:51:18	4:47	17			42	
Lap 12	3.25	16:49	5:10	3	0:19	10	3:45	39.00	3:08:07	4:49	17			65	
Last lap Finish	3.25	16:28	5:03	4	1:28	12	3:33	42.25	3:24:35	4:50	4	10:32	15	2:29:55	