



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Drüke, Chris

Club: Non-Stop-Ultra

Number: 1

Course: 42.25 km

Marathon

Category:

Männer M20

Total time: 3:28:09

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 17 (of 86)

Rank in course/Men: 16 (of 74)

Best time in course: 2:43:30

Rank in category: 1(of 1)

Best time in the category: 3:28:09

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	13:52	4:15	1	-	9	2:27	3.25	13:52	4:15	1	-	41	
Lap 2	3.25	15:11	4:40	1	-	15	3:06	6.50	29:03	4:28	1	-	41	
Lap 3	3.25	14:55	4:35	1	-	8	2:41	9.75	43:58	4:30	1	-	44	
Lap 4	3.25	14:41	4:31	1	-	7	2:10	13.00	58:39	4:30	1	-	47	
Lap 5	3.25	15:25	4:44	1	-	14	2:48	16.25	1:14:04	4:33	1	-	42	
Lap 6	3.25	15:46	4:51	1	-	16	3:06	19.50	1:29:50	4:36	1	-	49	
Lap 7	3.25	15:25	4:44	1	-	10	2:42	22.75	1:45:15	4:37	1	-	39	
Lap 8	3.25	15:44	4:50	1	-	13	2:51	26.00	2:00:59	4:39	1	-	69	
Lap 9	3.25	15:27	4:45	1	-	8	2:51	29.25	2:16:26	4:39	1	-	39	
Lap 10	3.25	15:55	4:53	1	-	10	3:09	32.50	2:32:21	4:41	1	-	41	
Lap 11	3.25	17:08	5:16	1	-	16	4:07	35.75	2:49:29	4:44	1	-	40	
Lap 12	3.25	18:07	5:34	1	-	22	5:03	39.00	3:07:36	4:48	1	-	42	
Last lap Finish	3.25	20:33	6:19	1	-	43	7:38	42.25	3:28:09	4:55	1	-	17	2:33:29