



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Witter, Steven**

Club: SV Veilsdorf

Number: 7

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:33:42

Speed: 11.79 km/h

Running performance: 5:04 min/km

Rank in course/Total: 18 (of 86)

Rank in course/Men: 17 (of 74)

Best time in course: 2:43:30

Rank in category: 5(of 7)

Best time in the category: 3:18:25

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	14:50	4:33	4	1:26	15	3:25	3.25	14:50	4:33	5	1:21	40	
Lap 2	3.25	14:47	4:32	3	1:03	11	2:42	6.50	29:37	4:33	5	2:15	40	
Lap 3	3.25	15:06	4:38	4	1:04	14	2:52	9.75	44:43	4:35	5	3:19	36	
Lap 4	3.25	15:17	4:42	4	0:55	13	2:46	13.00	1:00:00	4:36	6	4:14	62	
Lap 5	3.25	15:18	4:42	4	0:57	11	2:41	16.25	1:15:18	4:38	5	5:11	41	
Lap 6	3.25	15:15	4:41	2	0:38	10	2:35	19.50	1:30:33	4:38	5	5:49	65	
Lap 7	3.25	15:48	4:51	5	1:06	16	3:05	22.75	1:46:21	4:40	5	6:55	38	
Lap 8	3.25	15:57	4:54	5	1:06	17	3:04	26.00	2:02:18	4:42	4	8:01	47	
Lap 9	3.25	16:51	5:11	5	1:47	18	4:15	29.25	2:19:09	4:45	5	9:25	45	
Lap 10	3.25	17:33	5:24	5	2:52	20	4:47	32.50	2:36:42	4:49	5	10:29	40	
Lap 11	3.25	18:07	5:34	5	2:53	24	5:06	35.75	2:54:49	4:53	5	11:40	39	
Lap 12	3.25	19:29	5:59	6	5:14	32	6:25	39.00	3:14:18	4:58	3	9:00	44	
Last lap Finish	3.25	19:24	5:58	6	5:32	34	6:29	42.25	3:33:42	5:03	5	15:17	18	2:39:02