



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

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 |