



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Stossberger, Udo

Club: VFL Ostelsheim

Number: 51

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:40:31

Speed: 11.43 km/h

Running performance: 5:13 min/km

Rank in course/Total: 20 (of 86)

Rank in course/Men: 19 (of 74)

Best time in course: 2:43:30

Rank in category: 5(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	14:21	4:24	4	0:50	12	2:56	3.25	14:21	4:24	17			48	
Lap 2	3.25	15:32	4:46	5	1:36	18	3:27	6.50	29:53	4:35	17			48	
Lap 3	3.25	16:04	4:56	6	2:04	22	3:50	9.75	45:57	4:42	15			67	
Lap 4	3.25	16:30	5:04	7	2:11	27	3:59	13.00	1:02:27	4:48	14	6:41		49	
Lap 5	3.25	16:51	5:11	7	2:30	30	4:14	16.25	1:19:18	4:52	17			39	
Lap 6	3.25	16:56	5:12	7	2:39	30	4:16	19.50	1:36:14	4:56	14	5:33		64	
Lap 7	3.25	17:08	5:16	6	2:26	27	4:25	22.75	1:53:22	4:58	16	7:08		36	
Lap 8	3.25	17:13	5:17	6	2:21	24	4:20	26.00	2:10:35	5:01	17			48	
Lap 9	3.25	18:01	5:32	8	2:58	29	5:25	29.25	2:28:36	5:04	15			62	
Lap 10	3.25	17:55	5:30	7	2:17	23	5:09	32.50	2:46:31	5:07	17			38	
Lap 11	3.25	18:06	5:34	7	2:05	23	5:05	35.75	3:04:37	5:09	16			46	
Lap 12	3.25	18:06	5:34	6	1:36	21	5:02	39.00	3:22:43	5:11	15			46	
Last lap Finish	3.25	17:48	5:28	7	2:48	21	4:53	42.25	3:40:31	5:13	5	26:28	20	2:45:51	