



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

Schuder, Matthias

Club: SSV Bad Salzungen

Number: 102

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:41:26

Speed: 11.38 km/h

Running performance: 5:14 min/km

Rank in course/Total: 21 (of 86)

Rank in course/Men: 20 (of 74)

Best time in course: 2:43:30

Rank in category: 6(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. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1              | 3.25     | 16:37      | 5:06         | 11          | 3:06        | 39      | 5:12       | 3.25          | 16:37      | 5:06         | 16       | 1:17        | 74      |            |
| Lap 2              | 3.25     | 16:48      | 5:10         | 9           | 2:52        | 33      | 4:43       | 6.50          | 33:25      | 5:08         | 16       | 0:39        | 74      |            |
| Lap 3              | 3.25     | 16:06      | 4:57         | 7           | 2:06        | 23      | 3:52       | 9.75          | 49:31      | 5:04         | 14       |             | 2       |            |
| Lap 4              | 3.25     | 16:08      | 4:57         | 6           | 1:49        | 21      | 3:37       | 13.00         | 1:05:39    | 5:03         | 13       | 9:53        | 36      |            |
| Lap 5              | 3.25     | 15:55      | 4:53         | 5           | 1:34        | 18      | 3:18       | 16.25         | 1:21:34    | 5:01         | 16       |             | 71      |            |
| Lap 6              | 3.25     | 15:55      | 4:53         | 5           | 1:38        | 18      | 3:15       | 19.50         | 1:37:29    | 4:59         | 13       | 6:48        | 63      |            |
| Lap 7              | 3.25     | 16:03      | 4:56         | 4           | 1:21        | 17      | 3:20       | 22.75         | 1:53:32    | 4:59         | 15       | 7:18        | 35      |            |
| Lap 8              | 3.25     | 16:20      | 5:01         | 5           | 1:28        | 18      | 3:27       | 26.00         | 2:09:52    | 4:59         | 16       |             | 49      |            |
| Lap 9              | 3.25     | 17:32      | 5:23         | 5           | 2:29        | 22      | 4:56       | 29.25         | 2:27:24    | 5:02         | 14       |             | 69      |            |
| Lap 10             | 3.25     | 18:09      | 5:35         | 8           | 2:31        | 26      | 5:23       | 32.50         | 2:45:33    | 5:05         | 16       |             | 47      |            |
| Lap 11             | 3.25     | 18:47      | 5:46         | 8           | 2:46        | 29      | 5:46       | 35.75         | 3:04:20    | 5:09         | 15       |             | 70      |            |
| Lap 12             | 3.25     | 19:07      | 5:52         | 8           | 2:37        | 27      | 6:03       | 39.00         | 3:23:27    | 5:13         | 14       |             | 47      |            |
| Last lap Finish    | 3.25     | 17:59      | 5:31         | 8           | 2:59        | 22      | 5:04       | 42.25         | 3:41:26    | 5:14         | 6        | 27:23       | 21      | 2:46:46    |