



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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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