



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Krüger, Gerd

Club: Ilmenau

Number: 27

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:41:30

Speed: 11.38 km/h

Running performance: 5:14 min/km

Rank in course/Total: 22 (of 86)

Rank in course/Men: 21 (of 74)

Best time in course: 2:43:30

Rank in category: 6(of 16)

Best time in the category: 2:43:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:31	4:46	7	4:06	28	4:06	3.25	15:31	4:46	7				73
Lap 2	3.25	16:32	5:05	7	4:27	30	4:27	6.50	32:03	4:55	7				58
Lap 3	3.25	16:49	5:10	8	4:35	33	4:35	9.75	48:52	5:00	6	13:08			65
Lap 4	3.25	16:55	5:12	9	4:24	35	4:24	13.00	1:05:47	5:03	14	17:32			69
Lap 5	3.25	17:00	5:13	8	4:23	31	4:23	16.25	1:22:47	5:05	5	9:39			56
Lap 6	3.25	16:47	5:09	7	4:07	26	4:07	19.50	1:39:34	5:06	6	26:02			62
Lap 7	3.25	17:10	5:16	8	4:27	28	4:27	22.75	1:56:44	5:07	6	30:29	44	1:08	
Lap 8	3.25	17:05	5:15	6	4:12	23	4:12	26.00	2:13:49	5:08	4	34:41			50
Lap 9	3.25	17:08	5:16	5	4:32	19	4:32	29.25	2:30:57	5:09	5	39:13			68
Lap 10	3.25	17:25	5:21	5	4:39	18	4:39	32.50	2:48:22	5:10	6	43:52			71
Lap 11	3.25	17:51	5:29	5	4:50	18	4:50	35.75	3:06:13	5:12	15	48:42			72
Lap 12	3.25	17:59	5:31	5	4:55	17	4:55	39.00	3:24:12	5:14	6	53:37			48
Last lap Finish	3.25	17:18	5:19	6	4:23	15	4:23	42.25	3:41:30	5:14	7	2:46:50	22	2:46:50	