



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kaluza, Heinrich

Club: Gifas-Electric

Number: 61

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:41:56

Speed: 11.35 km/h

Running performance: 5:15 min/km

Rank in course/Total: 23 (of 86)

Rank in course/Men: 22 (of 74)

Best time in course: 2:43:30

Rank in category: 1(of 14)

Best time in the category: 3:41:56

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	15:14	4:41	2	0:02	22	3:49	3.25	15:14	4:41	1	-	72	
Lap 2	3.25	15:43	4:50	1	-	20	3:38	6.50	30:57	4:45	1	-	72	
Lap 3	3.25	15:51	4:52	1	-	20	3:37	9.75	46:48	4:47	1	-	64	
Lap 4	3.25	16:05	4:56	1	-	20	3:34	13.00	1:02:53	4:50	11		64	
Lap 5	3.25	16:15	5:00	1	-	21	3:38	16.25	1:19:08	4:52	1	-	70	
Lap 6	3.25	16:25	5:03	1	-	21	3:45	19.50	1:35:33	4:53	1	-	61	
Lap 7	3.25	16:41	5:08	1	-	19	3:58	22.75	1:52:14	4:56	1	-	54	
Lap 8	3.25	17:14	5:18	3	0:28	25	4:21	26.00	2:09:28	4:58	1	-	51	
Lap 9	3.25	17:46	5:28	3	1:07	26	5:10	29.25	2:27:14	5:02	1	-	67	
Lap 10	3.25	17:59	5:31	3	0:55	24	5:13	32.50	2:45:13	5:05	1	-	70	
Lap 11	3.25	18:40	5:44	3	1:27	25	5:39	35.75	3:03:53	5:08	14		71	
Lap 12	3.25	19:14	5:55	4	1:29	28	6:10	39.00	3:23:07	5:12	1	-	49	
Last lap Finish	3.25	18:49	5:47	3	1:23	28	5:54	42.25	3:41:56	5:15	1	-	23	2:47:16