



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Hentsch, Torsten**

Club: SV Hermsdorf

Number: 41

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:43:30

Speed: 11.28 km/h

Running performance: 5:17 min/km

Rank in course/Total: 25 (of 86)

Rank in course/Men: 24 (of 74)

Best time in course: 2:43:30

Rank in category: 8(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	15:32	4:46	9	2:01	29	4:07	3.25	15:32	4:46	14	0:12	58	
Lap 2	3.25	16:31	5:04	7	2:35	28	4:26	6.50	32:03	4:55	14		58	
Lap 3	3.25	16:43	5:08	8	2:43	30	4:29	9.75	48:46	5:00	12		16	
Lap 4	3.25	16:52	5:11	9	2:33	34	4:21	13.00	1:05:38	5:02	11	9:52	56	
Lap 5	3.25	16:50	5:10	6	2:29	29	4:13	16.25	1:22:28	5:04	14		68	
Lap 6	3.25	17:10	5:16	8	2:53	33	4:30	19.50	1:39:38	5:06	11	8:57	59	
Lap 7	3.25	17:19	5:19	8	2:37	33	4:36	22.75	1:56:57	5:08	13	10:43	61	1:21
Lap 8	3.25	17:27	5:22	8	2:35	27	4:34	26.00	2:14:24	5:10	14		52	
Lap 9	3.25	17:33	5:24	6	2:30	23	4:57	29.25	2:31:57	5:11	12		65	
Lap 10	3.25	17:43	5:27	5	2:05	21	4:57	32.50	2:49:40	5:13	14		68	
Lap 11	3.25	18:01	5:32	6	2:00	21	5:00	35.75	3:07:41	5:14	13		68	
Lap 12	3.25	18:18	5:37	7	1:48	23	5:14	39.00	3:25:59	5:16	12		53	
Last lap Finish	3.25	17:31	5:23	6	2:31	18	4:36	42.25	3:43:30	5:17	8	29:27	25	2:48:50