



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Steinicke, Thomas**

Club: SGW 05 Berlin

Number: 68

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:44:33

Speed: 11.22 km/h

Running performance: 5:19 min/km

Rank in course/Total: 26 (of 86)

Rank in course/Men: 25 (of 74)

Best time in course: 2:43:30

Rank in category: 2(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.	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	17:20	5:19	9	2:08	45	5:55	3.25	17:20	5:19	2	2:06	69	
Lap 2	3.25	17:24	5:21	7	1:41	42	5:19	6.50	34:44	5:20	2	3:47	69	
Lap 3	3.25	17:21	5:20	5	1:30	39	5:07	9.75	52:05	5:20	2	5:17	52	
Lap 4	3.25	17:41	5:26	5	1:36	38	5:10	13.00	1:09:46	5:21	1	-	51	
Lap 5	3.25	17:11	5:17	5	0:56	32	4:34	16.25	1:26:57	5:21	2	7:49	67	
Lap 6	3.25	17:31	5:23	6	1:06	38	4:51	19.50	1:44:28	5:21	2	8:55	58	
Lap 7	3.25	17:12	5:17	3	0:31	29	4:29	22.75	2:01:40	5:20	2	9:26	60	6:04
Lap 8	3.25	16:46	5:09	1	-	19	3:53	26.00	2:18:26	5:19	2	8:58	53	
Lap 9	3.25	16:39	5:07	1	-	17	4:03	29.25	2:35:05	5:18	2	7:51	64	
Lap 10	3.25	17:04	5:15	1	-	17	4:18	32.50	2:52:09	5:17	2	6:56	67	
Lap 11	3.25	17:13	5:17	1	-	17	4:12	35.75	3:09:22	5:17	1	-	67	
Lap 12	3.25	17:45	5:27	1	-	13	4:41	39.00	3:27:07	5:18	2	4:00	54	
Last lap Finish	3.25	17:26	5:21	1	-	17	4:31	42.25	3:44:33	5:18	2	2:37	26	2:49:53