



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Schröder, Heinz

Club: Sus Oberaden

Number: 67

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:47:26

Speed: 11.08 km/h

Running performance: 5:23 min/km

Rank in course/Total: 27 (of 86)

Rank in course/Men: 26 (of 74)

Best time in course: 2:43:30

Rank in category: 3(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:57	5:12	7	1:45	43	5:32	3.25	16:57	5:12	3	1:43	68	
Lap 2	3.25	17:20	5:19	6	1:37	41	5:15	6.50	34:17	5:16	3	3:20	36	
Lap 3	3.25	17:24	5:21	6	1:33	40	5:10	9.75	51:41	5:18	3	4:53	60	
Lap 4	3.25	17:42	5:26	7	1:37	40	5:11	13.00	1:09:23	5:20	2		16	
Lap 5	3.25	17:46	5:28	7	1:31	38	5:09	16.25	1:27:09	5:21	3	8:01	17	
Lap 6	3.25	17:28	5:22	5	1:03	36	4:48	19.50	1:44:37	5:21	3	9:04	11	
Lap 7	3.25	17:31	5:23	5	0:50	34	4:48	22.75	2:02:08	5:22	13	9:54	67	6:32
Lap 8	3.25	17:01	5:14	2	0:15	22	4:08	26.00	2:19:09	5:21	3	9:41	54	
Lap 9	3.25	17:29	5:22	2	0:50	21	4:53	29.25	2:36:38	5:21	3	9:24	63	
Lap 10	3.25	17:32	5:23	2	0:28	19	4:46	32.50	2:54:10	5:21	3	8:57	66	
Lap 11	3.25	17:54	5:30	2	0:41	20	4:53	35.75	3:12:04	5:22	2	2:42	66	
Lap 12	3.25	17:47	5:28	2	0:02	14	4:43	39.00	3:29:51	5:22	3	6:44	58	
Last lap Finish	3.25	17:35	5:24	2	0:09	19	4:40	42.25	3:47:26	5:22	3	5:30	27	2:52:46