



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Meyer, Daniel

Club: Weiterstadt

Number: 4

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:48:28

Speed: 11.03 km/h

Running performance: 5:25 min/km

Rank in course/Total: 29 (of 86)

Rank in course/Men: 28 (of 74)

Best time in course: 2:43:30

Rank in category: 6(of 7)

Best time in the category: 3:18:25

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	17:21	5:20	7	3:57	46	5:56	3.25	17:21	5:20	6	3:52	57		
Lap 2	3.25	17:14	5:18	7	3:30	39	5:09	6.50	34:35	5:19	6	7:13	57		
Lap 3	3.25	16:19	5:01	6	2:17	24	4:05	9.75	50:54	5:13	6	9:30	57		
Lap 4	3.25	16:15	5:00	6	1:53	22	3:44	13.00	1:07:09	5:09	7	11:23	70		
Lap 5	3.25	16:43	5:08	6	2:22	26	4:06	16.25	1:23:52	5:09	6	13:45	64		
Lap 6	3.25	17:00	5:13	6	2:23	32	4:20	19.50	1:40:52	5:10	6	16:08	54		
Lap 7	3.25	17:05	5:15	6	2:23	25	4:22	22.75	1:57:57	5:11	6	18:31	64	2:21	
Lap 8	3.25	17:35	5:24	6	2:44	28	4:42	26.00	2:15:32	5:12	5	21:15	58		
Lap 9	3.25	17:54	5:30	6	2:50	27	5:18	29.25	2:33:26	5:14	6	23:42	56		
Lap 10	3.25	18:31	5:41	6	3:50	28	5:45	32.50	2:51:57	5:17	6	25:44	56		
Lap 11	3.25	18:43	5:45	6	3:29	26	5:42	35.75	3:10:40	5:19	6	27:31	55		
Lap 12	3.25	18:36	5:43	5	4:21	25	5:32	39.00	3:29:16	5:21	4	23:58	57		
Last lap Finish	3.25	19:12	5:54	5	5:20	30	6:17	42.25	3:48:28	5:24	6	30:03	29	2:53:48	