



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Thoben, Georg

Club: Lohne

Number: 69

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:50:24

Speed: 10.94 km/h

Running performance: 5:27 min/km

Rank in course/Total: 33 (of 86)

Rank in course/Men: 31 (of 74)

Best time in course: 2:43:30

Rank in category: 4(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	15:20	4:43	3	0:08	23	3:55	3.25	15:20	4:43	4	0:06	9	
Lap 2	3.25	16:15	5:00	3	0:32	24	4:10	6.50	31:35	4:51	4	0:38	63	
Lap 3	3.25	16:27	5:03	3	0:36	28	4:13	9.75	48:02	4:55	4	1:14	55	
Lap 4	3.25	16:49	5:10	4	0:44	33	4:18	13.00	1:04:51	4:59	12		66	
Lap 5	3.25	16:45	5:09	4	0:30	28	4:08	16.25	1:21:36	5:01	4	2:28	61	
Lap 6	3.25	16:55	5:12	4	0:30	29	4:15	19.50	1:38:31	5:03	4	2:58	52	
Lap 7	3.25	17:33	5:24	6	0:52	37	4:50	22.75	1:56:04	5:06	3	3:50	57	0:28
Lap 8	3.25	18:02	5:32	5	1:16	37	5:09	26.00	2:14:06	5:09	4	4:38	63	
Lap 9	3.25	18:11	5:35	4	1:32	31	5:35	29.25	2:32:17	5:12	4	5:03	58	
Lap 10	3.25	19:13	5:54	6	2:09	37	6:27	32.50	2:51:30	5:16	4	6:17	61	
Lap 11	3.25	19:29	5:59	5	2:16	34	6:28	35.75	3:10:59	5:20	3	1:37	61	
Lap 12	3.25	19:46	6:04	5	2:01	35	6:42	39.00	3:30:45	5:24	4	7:38	55	
Last lap Finish	3.25	19:39	6:02	5	2:13	37	6:44	42.25	3:50:24	5:27	4	8:28	32	2:55:44