



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Bartholmeß, Ralf

Club: München

Number: 8

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 3:50:46

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 34 (of 86)

Rank in course/Men: 32 (of 74)

Best time in course: 2:43:30

Rank in category: 4(of 6)

Best time in the category: 3:04:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	17:21	5:20	4	4:54	46	5:56	3.25	17:21	5:20	4	4:54	57	
Lap 2	3.25	16:05	4:56	3	2:25	23	4:00	6.50	33:26	5:08	4	7:19	62	
Lap 3	3.25	15:46	4:51	3	1:41	18	3:32	9.75	49:12	5:02	4	9:00	13	
Lap 4	3.25	15:53	4:53	3	2:04	16	3:22	13.00	1:05:05	5:00	6	11:04	67	
Lap 5	3.25	16:25	5:03	3	2:38	22	3:48	16.25	1:21:30	5:00	3	7:32	60	
Lap 6	3.25	16:28	5:03	3	2:46	22	3:48	19.50	1:37:58	5:01	4	16:28	51	
Lap 7	3.25	16:56	5:12	3	3:10	22	4:13	22.75	1:54:54	5:03	4	19:38	56	
Lap 8	3.25	17:44	5:27	4	3:40	30	4:51	26.00	2:12:38	5:06	3	23:18	65	
Lap 9	3.25	18:13	5:36	4	4:04	32	5:37	29.25	2:30:51	5:09	4	27:22	57	
Lap 10	3.25	19:34	6:01	4	5:09	41	6:48	32.50	2:50:25	5:14	4	32:31	60	
Lap 11	3.25	20:16	6:14	5	5:06	44	7:15	35.75	3:10:41	5:20	4	37:37	60	
Lap 12	3.25	20:43	6:22	5	5:13	41	7:39	39.00	3:31:24	5:25	3	42:50	52	
Last lap Finish	3.25	19:22	5:57	4	3:54	33	6:27	42.25	3:50:46	5:27	4	46:44	33	2:56:06