



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Frunzke, Thomas

Club: Storkow

Number: 55

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 3:55:26

Speed: 10.70 km/h

Running performance: 5:34 min/km

Rank in course/Total: 39 (of 86)

Rank in course/Men: 36 (of 74)

Best time in course: 2:43:30

Rank in category: 6(of 14)

Best time in the category: 3:41:56

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	15:32	4:46	4	0:20	29	4:07	3.25	15:32	4:46	6	0:18	58	
Lap 2	3.25	16:31	5:04	4	0:48	28	4:26	6.50	32:03	4:55	6	1:06	58	
Lap 3	3.25	16:43	5:08	4	0:52	30	4:29	9.75	48:46	5:00	6	1:58	16	
Lap 4	3.25	16:26	5:03	2	0:21	25	3:55	13.00	1:05:12	5:00	13		68	
Lap 5	3.25	16:29	5:04	2	0:14	24	3:52	16.25	1:21:41	5:01	6	2:33	47	
Lap 6	3.25	16:36	5:06	3	0:11	25	3:56	19.50	1:38:17	5:02	6	2:44	15	
Lap 7	3.25	17:02	5:14	2	0:21	24	4:19	22.75	1:55:19	5:04	5	3:05	16	
Lap 8	3.25	18:08	5:34	6	1:22	38	5:15	26.00	2:13:27	5:07	6	3:59	37	
Lap 9	3.25	20:19	6:15	10	3:40	48	7:43	29.25	2:33:46	5:15	6	6:32	38	
Lap 10	3.25	21:45	6:41	12	4:41	56	8:59	32.50	2:55:31	5:24	6	10:18	63	
Lap 11	3.25	20:12	6:12	9	2:59	43	7:11	35.75	3:15:43	5:28	5	6:21	56	
Lap 12	3.25	20:17	6:14	7	2:32	39	7:13	39.00	3:36:00	5:32	6	12:53	16	
Last lap Finish	3.25	19:26	5:58	4	2:00	35	6:31	42.25	3:55:26	5:34	6	13:30	37	3:00:46