



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 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 | 15:32 | 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 |