



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hundeshagen Dr., Gregor

Number: 58

Course: 42.25 km
Marathon

Category:
Männer M50

Total time: 3:57:18

Speed: 10.62 km/h

Running performance: 5:37 min/km

Rank in course/Total: 40 (of 86)

Rank in course/Men: 37 (of 74)

Best time in course: 2:43:30

Rank in category: 7(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	15:57	4:54	5	0:45	33	4:32	3.25	15:57	4:54	7	0:43	29	
Lap 2	3.25	16:50	5:10	5	1:07	35	4:45	6.50	32:47	5:02	7	1:50	29	
Lap 3	3.25	17:32	5:23	7	1:41	42	5:18	9.75	50:19	5:09	7	3:31	27	
Lap 4	3.25	17:41	5:26	5	1:36	38	5:10	13.00	1:08:00	5:13	14		72	
Lap 5	3.25	17:41	5:26	6	1:26	37	5:04	16.25	1:25:41	5:16	7	6:33	29	
Lap 6	3.25	17:50	5:29	7	1:25	39	5:10	19.50	1:43:31	5:18	7	7:58	18	
Lap 7	3.25	18:12	5:35	7	1:31	40	5:29	22.75	2:01:43	5:21	6	9:29	18	6:07
Lap 8	3.25	18:00	5:32	4	1:14	36	5:07	26.00	2:19:43	5:22	7	10:15	55	
Lap 9	3.25	18:34	5:42	6	1:55	36	5:58	29.25	2:38:17	5:24	7	11:03	28	
Lap 10	3.25	19:11	5:54	5	2:07	36	6:25	32.50	2:57:28	5:27	7	12:15	28	0:20
Lap 11	3.25	19:47	6:05	6	2:34	36	6:46	35.75	3:17:15	5:31	6	7:53	28	
Lap 12	3.25	19:54	6:07	6	2:09	38	6:50	39.00	3:37:09	5:34	7	14:02	15	
Last lap Finish	3.25	20:09	6:11	6	2:43	39	7:14	42.25	3:57:18	5:36	7	15:22	38	3:02:38