



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kitzing, Veit

Club: Lauftreff Breitung e. V.

Number: 100

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:58:48

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 41 (of 86)

Rank in course/Men: 38 (of 74)

Best time in course: 2:43:30

Rank in category: 9(of 20)

Best time in the category: 3:14:03

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	16:45	5:09	12	3:14	42	5:20	3.25	16:45	5:09	13	1:25	19	
Lap 2	3.25	17:18	5:19	10	3:22	40	5:13	6.50	34:03	5:14	13	1:17	19	
Lap 3	3.25	17:14	5:18	10	3:14	37	5:00	9.75	51:17	5:15	11	0:22	14	
Lap 4	3.25	17:12	5:17	10	2:53	37	4:41	13.00	1:08:29	5:16	10	12:43	18	
Lap 5	3.25	17:56	5:31	9	3:35	40	5:19	16.25	1:26:25	5:19	13		19	
Lap 6	3.25	17:18	5:19	9	3:01	35	4:38	19.50	1:43:43	5:19	10	13:02	13	
Lap 7	3.25	17:48	5:28	9	3:06	38	5:05	22.75	2:01:31	5:20	12	15:17	14	5:55
Lap 8	3.25	17:49	5:28	9	2:57	32	4:56	26.00	2:19:20	5:21	13		18	
Lap 9	3.25	18:06	5:34	9	3:03	30	5:30	29.25	2:37:26	5:22	11		17	
Lap 10	3.25	18:53	5:48	9	3:15	33	6:07	32.50	2:56:19	5:25	13		17	
Lap 11	3.25	19:25	5:58	9	3:24	32	6:24	35.75	3:15:44	5:28	12		18	
Lap 12	3.25	22:05	6:47	11	5:35	50	9:01	39.00	3:37:49	5:35	11		14	
Last lap Finish	3.25	20:59	6:27	11	5:59	46	8:04	42.25	3:58:48	5:39	9	44:45	39	3:04:08