



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Pitz, Markus

Club: TV Jahn Bad Driburg

Number: 28

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:59:26

Speed: 10.52 km/h

Running performance: 5:40 min/km

Rank in course/Total: 42 (of 86)

Rank in course/Men: 39 (of 74)

Best time in course: 2:43:30

Rank in category: 10(of 16)

Best time in the category: 2:43:30

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	15:26	4:44	6	4:01	26	4:01	3.25	15:26	4:44	11		18	
Lap 2	3.25	16:29	5:04	6	4:24	27	4:24	6.50	31:55	4:54	11		18	
Lap 3	3.25	17:17	5:19	10	5:03	38	5:03	9.75	49:12	5:02	10	13:28	13	
Lap 4	3.25	16:32	5:05	8	4:01	29	4:01	13.00	1:05:44	5:03	6	17:29	17	
Lap 5	3.25	17:21	5:20	10	4:44	36	4:44	16.25	1:23:05	5:06	9	9:57	18	
Lap 6	3.25	17:52	5:29	11	5:12	40	5:12	19.50	1:40:57	5:10	10	27:25	12	
Lap 7	3.25	18:02	5:32	11	5:19	39	5:19	22.75	1:58:59	5:13	14	32:44	66	3:23
Lap 8	3.25	18:28	5:40	11	5:35	40	5:35	26.00	2:17:27	5:17	8	38:19	17	
Lap 9	3.25	18:51	5:48	11	6:15	39	6:15	29.25	2:36:18	5:20	9	44:34	16	
Lap 10	3.25	19:33	6:00	11	6:47	40	6:47	32.50	2:55:51	5:24	10	51:21	16	
Lap 11	3.25	20:23	6:16	11	7:22	45	7:22	35.75	3:16:14	5:29	9	58:43	17	
Lap 12	3.25	22:24	6:53	14	9:20	54	9:20	39.00	3:38:38	5:36	10	1:08:03	13	
Last lap Finish	3.25	20:48	6:24	12	7:53	45	7:53	42.25	3:59:26	5:40	11	3:04:46	40	3:04:46