



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Sziburis, Sven

Club: Merseburg

Number: 30

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 4:00:34

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 43 (of 86)

Rank in course/Men: 40 (of 74)

Best time in course: 2:43:30

Rank in category: 11(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	16:38	5:07	11	5:13	40	5:13	3.25	16:38	5:07	12	0:06	17	
Lap 2	3.25	17:32	5:23	11	5:27	45	5:27	6.50	34:10	5:15	12		17	
Lap 3	3.25	17:30	5:23	11	5:16	41	5:16	9.75	51:40	5:17	11	15:56	12	
Lap 4	3.25	17:43	5:27	11	5:12	41	5:12	13.00	1:09:23	5:20	7	21:08	16	
Lap 5	3.25	17:46	5:28	11	5:09	38	5:09	16.25	1:27:09	5:21	10	14:01	17	
Lap 6	3.25	17:28	5:22	10	4:48	36	4:48	19.50	1:44:37	5:21	11	31:05	11	
Lap 7	3.25	17:31	5:23	9	4:48	34	4:48	22.75	2:02:08	5:22	15	35:53	67	6:32
Lap 8	3.25	17:52	5:29	10	4:59	34	4:59	26.00	2:20:00	5:23	9	40:52	16	
Lap 9	3.25	18:21	5:38	8	5:45	33	5:45	29.25	2:38:21	5:24	10	46:37	15	
Lap 10	3.25	19:04	5:51	9	6:18	35	6:18	32.50	2:57:25	5:27	11	52:55	15	0:17
Lap 11	3.25	19:52	6:06	9	6:51	37	6:51	35.75	3:17:17	5:31	10	59:46	16	
Lap 12	3.25	20:50	6:24	11	7:46	42	7:46	39.00	3:38:07	5:35	11	1:07:32	12	
Last lap Finish	3.25	22:27	6:54	15	9:32	55	9:32	42.25	4:00:34	5:41	12	3:05:54	41	3:05:54