



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Höfer, Mike

Club: TUS Griesheim

Number: 13

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 4:01:21

Speed: 10.44 km/h

Running performance: 5:43 min/km

Rank in course/Total: 44 (of 86)

Rank in course/Men: 41 (of 74)

Best time in course: 2:43:30

Rank in category: 5(of 6)

Best time in the category: 3:04:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	17:22	5:20	5	4:55	48	5:57	3.25	17:22	5:20	5	4:55	16	
Lap 2	3.25	17:25	5:21	5	3:45	43	5:20	6.50	34:47	5:21	5	8:40	16	
Lap 3	3.25	17:34	5:24	5	3:29	43	5:20	9.75	52:21	5:22	5	12:09	11	
Lap 4	3.25	18:12	5:35	5	4:23	45	5:41	13.00	1:10:33	5:25	3	16:32	15	
Lap 5	3.25	18:21	5:38	5	4:34	45	5:44	16.25	1:28:54	5:28	4	14:56	16	
Lap 6	3.25	18:17	5:37	5	4:35	41	5:37	19.50	1:47:11	5:29	5	25:41	1	-
Lap 7	3.25	18:59	5:50	5	5:13	46	6:16	22.75	2:06:10	5:32	6	30:54	73	10:34
Lap 8	3.25	19:33	6:00	5	5:29	46	6:40	26.00	2:25:43	5:36	4	36:23	15	
Lap 9	3.25	18:49	5:47	5	4:40	38	6:13	29.25	2:44:32	5:37	5	41:03	14	1:24
Lap 10	3.25	19:45	6:04	5	5:20	43	6:59	32.50	3:04:17	5:40	6	46:23	72	7:09
Lap 11	3.25	19:26	5:58	3	4:16	33	6:25	35.75	3:23:43	5:41	5	50:39	15	
Lap 12	3.25	19:25	5:58	3	3:55	31	6:21	39.00	3:43:08	5:43	4	54:34	11	
Last lap Finish	3.25	18:13	5:36	3	2:45	23	5:18	42.25	4:01:21	5:42	5	57:19	42	3:06:41