



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Wichmann, Michael

Club: SGW 05 Berlin

Number: 33

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 4:12:37

Speed: 9.98 km/h

Running performance: 5:59 min/km

Rank in course/Total: 51 (of 86)

Rank in course/Men: 46 (of 74)

Best time in course: 2:43:30

Rank in category: 12(of 16)

Best time in the category: 2:43:30

Control	Intermediate times				Stage score				Total ranking					
	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	18:15	5:36	13	6:50	56	6:50	3.25	18:15	5:36	13	1:43	1	-
Lap 2	3.25	19:29	5:59	14	7:24	61	7:24	6.50	37:44	5:48	13	3:05	1	-
Lap 3	3.25	19:47	6:05	13	7:33	60	7:33	9.75	57:31	5:53	12	21:47	6	3:05
Lap 4	3.25	19:50	6:06	14	7:19	57	7:19	13.00	1:17:21	5:56	8	29:06	1	-
Lap 5	3.25	20:12	6:12	14	7:35	62	7:35	16.25	1:37:33	6:00	11	24:25	1	-
Lap 6	3.25	19:57	6:08	14	7:17	56	7:17	19.50	1:57:30	6:01	12	43:58	5	10:19
Lap 7	3.25	19:40	6:03	13	6:57	52	6:57	22.75	2:17:10	6:01	9	50:55	11	21:34
Lap 8	3.25	20:16	6:14	13	7:23	56	7:23	26.00	2:37:26	6:03	10	58:18	1	-
Lap 9	3.25	19:47	6:05	12	7:11	44	7:11	29.25	2:57:13	6:03	11	1:05:29	9	14:05
Lap 10	3.25	20:26	6:17	13	7:40	47	7:40	32.50	3:17:39	6:04	12	1:13:09	11	20:31
Lap 11	3.25	19:24	5:58	8	6:23	31	6:23	35.75	3:37:03	6:04	11	1:19:32	1	-
Lap 12	3.25	19:22	5:57	8	6:18	30	6:18	39.00	3:56:25	6:03	12	1:25:50	6	11:10
Last lap Finish	3.25	16:12	4:59	5	3:17	10	3:17	42.25	4:12:37	5:58	13	3:17:57	47	3:17:57