



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Thomas, Frank**

Club: SV Cursdorf-Meuselbach

Number: 52

Course: 42.25 km

Marathon

Category:

Männer M45

**Total time: 4:13:18**

Speed: 9.95 km/h

Running performance: 6:00 min/km

Rank in course/Total: 52 (of 86)

Rank in course/Men: 47 (of 74)

Best time in course: 2:43:30

Rank in category: 10(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	13:36	4:11	2	0:05	7	2:11	3.25	13:36	4:11	12		10	
Lap 2	3.25	14:26	4:26	2	0:30	6	2:21	6.50	28:02	4:18	12		10	
Lap 3	3.25	15:00	4:36	2	1:00	10	2:46	9.75	43:02	4:24	10		5	
Lap 4	3.25	15:57	4:54	4	1:38	17	3:26	13.00	58:59	4:32	17	3:13	59	
Lap 5	3.25	18:54	5:48	12	4:33	51	6:17	16.25	1:17:53	4:47	12		10	
Lap 6	3.25	19:23	5:57	12	5:06	52	6:43	19.50	1:37:16	4:59	9	6:35	4	
Lap 7	3.25	18:20	5:38	10	3:38	41	5:37	22.75	1:55:36	5:04	11	9:22	1	-
Lap 8	3.25	19:43	6:03	10	4:51	49	6:50	26.00	2:15:19	5:12	12		9	
Lap 9	3.25	20:21	6:15	11	5:18	49	7:45	29.25	2:35:40	5:19	10		8	
Lap 10	3.25	21:28	6:36	12	5:50	53	8:42	32.50	2:57:08	5:27	12		1	-
Lap 11	3.25	25:37	7:52	18	9:36	67	12:36	35.75	3:22:45	5:40	11		9	
Lap 12	3.25	25:40	7:53	16	9:10	66	12:36	39.00	3:48:25	5:51	10		5	3:10
Last lap Finish	3.25	24:53	7:39	16	9:53	66	11:58	42.25	4:13:18	5:59	10	59:15	48	3:18:38