



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Ernst, Detlef

Club: Tuheim

Number: 38

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:16:11

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 54 (of 86)

Rank in course/Men: 49 (of 74)

Best time in course: 2:43:30

Rank in category: 11(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:20	4:43	7	1:49	23	3:55	3.25	15:20	4:43	1	-	9		
Lap 2	3.25	17:26	5:21	11	3:30	44	5:21	6.50	32:46	5:02	1	-	9		
Lap 3	3.25	18:09	5:35	11	4:09	47	5:55	9.75	50:55	5:13	1	-	4		
Lap 4	3.25	18:19	5:38	11	4:00	47	5:48	13.00	1:09:14	5:19	20	13:28	73		
Lap 5	3.25	18:26	5:40	11	4:05	46	5:49	16.25	1:27:40	5:23	1	-	9		
Lap 6	3.25	18:56	5:49	10	4:39	46	6:16	19.50	1:46:36	5:28	8	15:55	3		
Lap 7	3.25	19:27	5:59	11	4:45	49	6:44	22.75	2:06:03	5:32	20	19:49	71	10:27	
Lap 8	3.25	19:43	6:03	10	4:51	49	6:50	26.00	2:25:46	5:36	1	-	8		
Lap 9	3.25	20:50	6:24	12	5:47	54	8:14	29.25	2:46:36	5:41	1	-	7	3:28	
Lap 10	3.25	21:09	6:30	11	5:31	52	8:23	32.50	3:07:45	5:46	1	-	9	10:37	
Lap 11	3.25	22:40	6:58	13	6:39	59	9:39	35.75	3:30:25	5:53	1	-	8		
Lap 12	3.25	23:16	7:09	12	6:46	56	10:12	39.00	3:53:41	5:59	1	-	4	8:26	
Last lap Finish	3.25	22:30	6:55	12	7:30	56	9:35	42.25	4:16:11	6:03	11	1:02:08	50	3:21:31	