



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Riedel, Roland

Club: Adler-Langlauf Bottrop

Number: 47

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:17:16

Speed: 9.80 km/h

Running performance: 6:05 min/km

Rank in course/Total: 56 (of 86)

Rank in course/Men: 50 (of 74)

Best time in course: 2:43:30

Rank in category: 12(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	19:11	5:54	19	5:40	66	7:46	3.25	19:11	5:54	10	3:51	8	0:56
Lap 2	3.25	20:13	6:13	20	6:17	70	8:08	6.50	39:24	6:03	10	6:38	5	1:40
Lap 3	3.25	20:06	6:11	16	6:06	64	7:52	9.75	59:30	6:06	8	8:35	3	5:04
Lap 4	3.25	19:56	6:08	14	5:37	58	7:25	13.00	1:19:26	6:06	8	23:40	9	2:05
Lap 5	3.25	20:07	6:11	15	5:46	59	7:30	16.25	1:39:33	6:07	10	11:53	8	2:00
Lap 6	3.25	20:00	6:09	13	5:43	57	7:20	19.50	1:59:33	6:07	7	28:52	2	12:22
Lap 7	3.25	20:19	6:15	13	5:37	58	7:36	22.75	2:19:52	6:08	10	33:38	9	24:16
Lap 8	3.25	20:06	6:11	12	5:14	54	7:13	26.00	2:39:58	6:09	10	14:12	7	2:32
Lap 9	3.25	19:44	6:04	10	4:41	43	7:08	29.25	2:59:42	6:08	8	13:06	6	16:34
Lap 10	3.25	19:46	6:04	10	4:08	44	7:00	32.50	3:19:28	6:08	10	11:43	8	22:20
Lap 11	3.25	19:45	6:04	10	3:44	35	6:44	35.75	3:39:13	6:07	9	8:48	7	2:10
Lap 12	3.25	19:34	6:01	9	3:04	33	6:30	39.00	3:58:47	6:07	19	5:06	67	13:32
Last lap Finish	3.25	18:29	5:41	9	3:29	25	5:34	42.25	4:17:16	6:05	12	1:03:13	51	3:22:36