



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kalinowski, Bernd

Club: LC Auensee Leipzig

Number: 3

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 4:13:46

Speed: 9.93 km/h

Running performance: 6:01 min/km

Rank in course/Total: 53 (of 86)

Rank in course/Men: 48 (of 74)

Best time in course: 2:43:30

Rank in category: 7(of 7)

Best time in the category: 3:18:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:45	4:50	6	2:21	31	4:20	3.25	15:45	4:50	7	2:16	7		
Lap 2	3.25	16:37	5:06	6	2:53	32	4:32	6.50	32:22	4:58	7	5:00	7		
Lap 3	3.25	17:09	5:16	7	3:07	35	4:55	9.75	49:31	5:04	7	8:07	2		
Lap 4	3.25	17:53	5:30	7	3:31	44	5:22	13.00	1:07:24	5:11	5	11:38	8		
Lap 5	3.25	18:01	5:32	7	3:40	42	5:24	16.25	1:25:25	5:15	7	15:18	7		
Lap 6	3.25	19:05	5:52	7	4:28	49	6:25	19.50	1:44:30	5:21	7	19:46	10		
Lap 7	3.25	19:41	6:03	7	4:59	53	6:58	22.75	2:04:11	5:27	7	24:45	70	8:35	
Lap 8	3.25	19:56	6:08	7	5:05	51	7:03	26.00	2:24:07	5:32	6	29:50	6		
Lap 9	3.25	20:30	6:18	7	5:26	51	7:54	29.25	2:44:37	5:37	7	34:53	5	1:29	
Lap 10	3.25	22:08	6:48	7	7:27	60	9:22	32.50	3:06:45	5:44	7	40:32	7	9:37	
Lap 11	3.25	21:53	6:44	7	6:39	56	8:52	35.75	3:28:38	5:50	7	45:29	6		
Lap 12	3.25	24:49	7:38	7	10:34	63	11:45	39.00	3:53:27	5:59	5	48:09	3	8:12	
Last lap Finish	3.25	20:19	6:15	7	6:27	41	7:24	42.25	4:13:46	6:00	7	55:21	49	3:19:06	