



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Gebes, Norbert**

Club: Bad Lauchstädt

Number: 56

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:18:46

Speed: 9.80 km/h

Running performance: 6:07 min/km

Rank in course/Total: 57 (of 86)

Rank in course/Men: 51 (of 74)

Best time in course: 2:43:30

Rank in category: 10(of 14)

Best time in the category: 3:41:56

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	17:15	5:18	8	2:03	44	5:50	3.25	17:15	5:18	10	2:01	6	
Lap 2	3.25	18:36	5:43	11	2:53	52	6:31	6.50	35:51	5:30	10	4:54	6	
Lap 3	3.25	18:40	5:44	10	2:49	49	6:26	9.75	54:31	5:35	10	7:43	10	0:05
Lap 4	3.25	18:47	5:46	10	2:42	49	6:16	13.00	1:13:18	5:38	6	3:32	7	
Lap 5	3.25	18:56	5:49	11	2:41	52	6:19	16.25	1:32:14	5:40	10	13:06	6	
Lap 6	3.25	19:23	5:57	11	2:58	52	6:43	19.50	1:51:37	5:43	10	16:04	19	4:26
Lap 7	3.25	19:34	6:01	10	2:53	51	6:51	22.75	2:11:11	5:45	8	18:57	8	15:35
Lap 8	3.25	20:10	6:12	12	3:24	55	7:17	26.00	2:31:21	5:49	10	21:53	5	
Lap 9	3.25	20:25	6:16	11	3:46	50	7:49	29.25	2:51:46	5:52	10	24:32	4	8:38
Lap 10	3.25	20:57	6:26	10	3:53	50	8:11	32.50	3:12:43	5:55	9	27:30	6	15:35
Lap 11	3.25	21:49	6:42	12	4:36	55	8:48	35.75	3:34:32	6:00	9	25:10	5	
Lap 12	3.25	22:11	6:49	11	4:26	52	9:07	39.00	3:56:43	6:04	10	33:36	2	11:28
Last lap Finish	3.25	22:03	6:47	11	4:37	52	9:08	42.25	4:18:46	6:07	10	36:50	52	3:24:06