



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Berger, Georg

Club: Gerscheder SV Essen

Number: 71

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:22:41

Speed: 9.59 km/h

Running performance: 6:13 min/km

Rank in course/Total: 61 (of 86)

Rank in course/Men: 54 (of 74)

Best time in course: 2:43:30

Rank in category: 5(of 7)

Best time in the category: 3:23:06

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	18:42	5:45	7	5:05	62	7:17	3.25	18:42	5:45	5	5:05	3	0:27
Lap 2	3.25	19:03	5:51	5	4:33	56	6:58	6.50	37:45	5:48	5	9:38	3	0:01
Lap 3	3.25	19:23	5:57	5	4:44	56	7:09	9.75	57:08	5:51	5	14:22	22	2:42
Lap 4	3.25	20:05	6:10	5	5:07	61	7:34	13.00	1:17:13	5:56	5	19:29	4	
Lap 5	3.25	19:34	6:01	5	4:14	56	6:57	16.25	1:36:47	5:57	5	23:43	3	
Lap 6	3.25	19:14	5:55	5	4:11	51	6:34	19.50	1:56:01	5:56	5	27:54	21	8:50
Lap 7	3.25	19:22	5:57	6	4:13	48	6:39	22.75	2:15:23	5:57	4	32:07	5	19:47
Lap 8	3.25	19:28	5:59	4	3:51	45	6:35	26.00	2:34:51	5:57	4	20:17	2	
Lap 9	3.25	20:43	6:22	5	4:46	52	8:07	29.25	2:55:34	6:00	5	40:44	10	12:26
Lap 10	3.25	20:58	6:27	6	4:31	51	8:12	32.50	3:16:32	6:02	5	45:15	3	19:24
Lap 11	3.25	21:18	6:33	5	4:14	51	8:17	35.75	3:37:50	6:05	5	49:29	2	0:47
Lap 12	3.25	21:53	6:44	5	4:03	49	8:49	39.00	3:59:43	6:08	4	27:32	10	14:28
Last lap Finish	3.25	22:58	7:03	6	6:03	58	10:03	42.25	4:22:41	6:13	5	59:35	55	3:28:01