



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

juch, oliver

Club: TV Rheinzabern

Number: 25

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 4:23:33

Speed: 9.56 km/h

Running performance: 6:14 min/km

Rank in course/Total: 62 (of 86)

Rank in course/Men: 55 (of 74)

Best time in course: 2:43:30

Rank in category: 14(of 16)

Best time in the category: 2:43:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	19:30	6:00	15	8:05	68	8:05	3.25	19:30	6:00	15	2:58	2	1:15
Lap 2	3.25	18:39	5:44	13	6:34	53	6:34	6.50	38:09	5:52	15	3:30	2	0:25
Lap 3	3.25	18:42	5:45	12	6:28	50	6:28	9.75	56:51	5:49	13	21:07	32	2:25
Lap 4	3.25	18:54	5:48	12	6:23	50	6:23	13.00	1:15:45	5:49	10	27:30	3	
Lap 5	3.25	18:52	5:48	12	6:15	50	6:15	16.25	1:34:37	5:49	13	21:29	2	
Lap 6	3.25	19:27	5:59	13	6:47	54	6:47	19.50	1:54:04	5:50	13	40:32	22	6:53
Lap 7	3.25	20:05	6:10	14	7:22	56	7:22	22.75	2:14:09	5:53	11	47:54	4	18:33
Lap 8	3.25	20:35	6:19	14	7:42	58	7:42	26.00	2:34:44	5:57	12	55:36	10	
Lap 9	3.25	21:17	6:32	14	8:41	57	8:41	29.25	2:56:01	6:01	13	1:04:17	35	12:53
Lap 10	3.25	21:41	6:40	14	8:55	55	8:55	32.50	3:17:42	6:04	14	1:13:12	2	20:34
Lap 11	3.25	21:45	6:41	14	8:44	53	8:44	35.75	3:39:27	6:08	13	1:21:56	10	2:24
Lap 12	3.25	22:08	6:48	13	9:04	51	9:04	39.00	4:01:35	6:11	13	1:31:00	19	16:20
Last lap Finish	3.25	21:58	6:45	14	9:03	51	9:03	42.25	4:23:33	6:14	15	3:28:53	56	3:28:53