



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Neumann, Klaus

Club: 100 Marathon Club

Number: 77

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:25:08

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 63 (of 86)

Rank in course/Men: 56 (of 74)

Best time in course: 2:43:30

Rank in category: 6(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	18:08	5:34	5	4:31	54	6:43	3.25	18:08	5:34	6	4:31	11		
Lap 2	3.25	19:16	5:55	7	4:46	59	7:11	6.50	37:24	5:45	6	9:17	11		
Lap 3	3.25	19:43	6:03	7	5:04	59	7:29	9.75	57:07	5:51	6	14:21	31	2:41	
Lap 4	3.25	20:53	6:25	7	5:55	66	8:22	13.00	1:18:00	6:00	6	20:16	2	0:39	
Lap 5	3.25	20:27	6:17	7	5:07	67	7:50	16.25	1:38:27	6:03	6	25:23	11	0:54	
Lap 6	3.25	20:36	6:20	6	5:33	61	7:56	19.50	1:59:03	6:06	7	30:56	67	11:52	
Lap 7	3.25	19:13	5:54	5	4:04	47	6:30	22.75	2:18:16	6:04	5	35:00	3	22:40	
Lap 8	3.25	19:57	6:08	6	4:20	52	7:04	26.00	2:38:13	6:05	5	23:39	36	0:47	
Lap 9	3.25	21:32	6:37	6	5:35	58	8:56	29.25	2:59:45	6:08	6	44:55	34	16:37	
Lap 10	3.25	20:14	6:13	4	3:47	46	7:28	32.50	3:19:59	6:09	6	48:42	10	22:51	
Lap 11	3.25	21:03	6:28	4	3:59	49	8:02	35.75	3:41:02	6:10	6	52:41	36	3:59	
Lap 12	3.25	21:48	6:42	4	3:58	48	8:44	39.00	4:02:50	6:13	7	30:39	70	17:35	
Last lap Finish	3.25	22:18	6:51	4	5:23	54	9:23	42.25	4:25:08	6:16	6	1:02:02	57	3:30:28	