



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Sabieroj, Dr. Joachim

Club: IGL Rentlingen

Number: 99

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:27:24

Speed: 9.42 km/h

Running performance: 6:20 min/km

Rank in course/Total: 65 (of 86)

Rank in course/Men: 57 (of 74)

Best time in course: 2:43:30

Rank in category: 13(of 20)

Best time in the category: 3:14:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:21	5:38	15	4:50	57	6:56	3.25	18:21	5:38	9	3:01	37	0:06
Lap 2	3.25	19:55	6:07	17	5:59	64	7:50	6.50	38:16	5:53	9	5:30	35	0:32
Lap 3	3.25	19:48	6:05	15	5:48	61	7:34	9.75	58:04	5:57	19	7:09	68	3:38
Lap 4	3.25	21:06	6:29	19	6:47	68	8:35	13.00	1:19:10	6:05	7	23:24	10	1:49
Lap 5	3.25	20:02	6:09	14	5:41	58	7:25	16.25	1:39:12	6:06	9	11:32	37	1:39
Lap 6	3.25	20:25	6:16	15	6:08	59	7:45	19.50	1:59:37	6:08	6	28:56	23	12:26
Lap 7	3.25	20:14	6:13	12	5:32	57	7:31	22.75	2:19:51	6:08	9	33:37	2	24:15
Lap 8	3.25	22:50	7:01	16	7:58	65	9:57	26.00	2:42:41	6:15	9	16:55	35	5:15
Lap 9	3.25	21:33	6:37	14	6:30	59	8:57	29.25	3:04:14	6:17	19	17:38	71	21:06
Lap 10	3.25	22:01	6:46	13	6:23	58	9:15	32.50	3:26:15	6:20	9	18:30	36	29:07
Lap 11	3.25	21:21	6:34	11	5:20	52	8:20	35.75	3:47:36	6:21	8	17:11	35	10:33
Lap 12	3.25	21:15	6:32	10	4:45	44	8:11	39.00	4:08:51	6:22	20	15:10	72	23:36
Last lap Finish	3.25	18:33	5:42	10	3:33	26	5:38	42.25	4:27:24	6:19	13	1:13:21	58	3:32:44