



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

bähre, oliver

Club: LG Socken Wellen

Number: 9

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 4:36:37

Speed: 9.11 km/h

Running performance: 6:33 min/km

Rank in course/Total: 71 (of 86)

Rank in course/Men: 62 (of 74)

Best time in course: 2:43:30

Rank in category: 6(of 6)

Best time in the category: 3:04:02

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	20:10	6:12	6	7:43	69	8:45	3.25	20:10	6:12	6	7:43	26	1:55
Lap 2	3.25	20:14	6:13	6	6:34	71	8:09	6.50	40:24	6:12	6	14:17	26	2:40
Lap 3	3.25	20:23	6:16	6	6:18	65	8:09	9.75	1:00:47	6:14	6	20:35	72	6:21
Lap 4	3.25	20:02	6:09	6	6:13	59	7:31	13.00	1:20:49	6:13	4	26:48	25	3:28
Lap 5	3.25	20:16	6:14	6	6:29	64	7:39	16.25	1:41:05	6:13	5	27:07	26	3:32
Lap 6	3.25	20:44	6:22	6	7:02	62	8:04	19.50	2:01:49	6:14	6	40:19	68	14:38
Lap 7	3.25	20:35	6:19	6	6:49	61	7:52	22.75	2:22:24	6:15	5	47:08	22	26:48
Lap 8	3.25	20:40	6:21	6	6:36	59	7:47	26.00	2:43:04	6:16	5	53:44	30	5:38
Lap 9	3.25	22:00	6:46	6	7:51	61	9:24	29.25	3:05:04	6:19	6	1:01:35	72	21:56
Lap 10	3.25	21:53	6:44	6	7:28	57	9:07	32.50	3:26:57	6:22	5	1:09:03	31	29:49
Lap 11	3.25	22:27	6:54	6	7:17	57	9:26	35.75	3:49:24	6:25	6	1:16:20	30	12:21
Lap 12	3.25	23:03	7:05	6	7:33	55	9:59	39.00	4:12:27	6:28	5	1:23:53	23	27:12
Last lap Finish	3.25	24:10	7:26	6	8:42	62	11:15	42.25	4:36:37	6:32	6	1:32:35	63	3:41:57