



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Kaltwasser, Jörg**

Club: Rennsteiglauf Weilheim

Number: 42

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:42:22

Speed: 8.92 km/h

Running performance: 6:41 min/km

Rank in course/Total: 74 (of 86)

Rank in course/Men: 64 (of 74)

Best time in course: 2:43:30

Rank in category: 16(of 20)

Best time in the category: 3:14:03

Intermediate times				Stage score				Total ranking						
Control	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	18:34	5:42	16	5:03	59	7:09	3.25	18:34	5:42	6	3:14	30	0:19
Lap 2	3.25	19:56	6:08	18	6:00	66	7:51	6.50	38:30	5:55	6	5:44	30	0:46
Lap 3	3.25	20:43	6:22	18	6:43	68	8:29	9.75	59:13	6:04	20	8:18	70	4:47
Lap 4	3.25	20:54	6:25	18	6:35	67	8:23	13.00	1:20:07	6:09	4	24:21	29	2:46
Lap 5	3.25	20:50	6:24	18	6:29	68	8:13	16.25	1:40:57	6:12	6	13:17	30	3:24
Lap 6	3.25	21:19	6:33	18	7:02	67	8:39	19.50	2:02:16	6:16	19	31:35	71	15:05
Lap 7	3.25	22:00	6:46	17	7:18	67	9:17	22.75	2:24:16	6:20	6	38:02	24	28:40
Lap 8	3.25	21:40	6:40	15	6:48	63	8:47	26.00	2:45:56	6:22	6	20:10	19	8:30
Lap 9	3.25	22:57	7:03	17	7:54	64	10:21	29.25	3:08:53	6:27	20	22:17	73	25:45
Lap 10	3.25	22:15	6:50	15	6:37	61	9:29	32.50	3:31:08	6:29	6	23:23	29	34:00
Lap 11	3.25	23:09	7:07	14	7:08	60	10:08	35.75	3:54:17	6:33	5	23:52	19	17:14
Lap 12	3.25	23:39	7:16	13	7:09	57	10:35	39.00	4:17:56	6:36	6	24:15	25	32:41
Last lap Finish	3.25	24:26	7:31	15	9:26	63	11:31	42.25	4:42:22	6:40	16	1:28:19	65	3:47:42