



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Förster, Udo

Club: 100 Marathon Club

Number: 39

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:44:09

Speed: 8.87 km/h

Running performance: 6:44 min/km

Rank in course/Total: 76 (of 86)

Rank in course/Men: 65 (of 74)

Best time in course: 2:43:30

Rank in category: 17(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	18:08	5:34	14	4:37	54	6:43	3.25	18:08	5:34	5	2:48	11	
Lap 2	3.25	18:45	5:46	13	4:49	54	6:40	6.50	36:53	5:40	5	4:07	20	
Lap 3	3.25	19:01	5:51	12	5:01	51	6:47	9.75	55:54	5:44	5	4:59	26	1:28
Lap 4	3.25	18:36	5:43	12	4:17	48	6:05	13.00	1:14:30	5:43	3	18:44	19	
Lap 5	3.25	18:18	5:37	10	3:57	44	5:41	16.25	1:32:48	5:42	5	5:08	20	
Lap 6	3.25	19:07	5:52	11	4:50	50	6:27	19.50	1:51:55	5:44	4	21:14	28	4:44
Lap 7	3.25	22:02	6:46	18	7:20	68	9:19	22.75	2:13:57	5:53	5	27:43	25	18:21
Lap 8	3.25	25:08	7:44	18	10:16	68	12:15	26.00	2:39:05	6:07	5	13:19	27	1:39
Lap 9	3.25	26:17	8:05	18	11:14	69	13:41	29.25	3:05:22	6:20	5	18:46	19	22:14
Lap 10	3.25	23:58	7:22	18	8:20	67	11:12	32.50	3:29:20	6:26	5	21:35	19	32:12
Lap 11	3.25	23:55	7:21	15	7:54	61	10:54	35.75	3:53:15	6:31	4	22:50	27	16:12
Lap 12	3.25	25:53	7:57	17	9:23	67	12:49	39.00	4:19:08	6:38	5	25:27	26	33:53
Last lap Finish	3.25	25:01	7:41	18	10:01	69	12:06	42.25	4:44:09	6:43	17	1:30:06	66	3:49:29