



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Mintgen, Dietmar**

Club: 100 Marathon Club Deutschland

Number: 76

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 4:44:47

Speed: 8.85 km/h

Running performance: 6:44 min/km

Rank in course/Total: 77 (of 86)

Rank in course/Men: 66 (of 74)

Best time in course: 2:43:30

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:22	5:39	6	4:45	58	6:57	3.25	18:22	5:39	7	4:45	28	0:07
Lap 2	3.25	19:03	5:51	5	4:33	56	6:58	6.50	37:25	5:45	7	9:18	28	
Lap 3	3.25	19:39	6:02	6	5:00	58	7:25	9.75	57:04	5:51	7	14:18	25	2:38
Lap 4	3.25	20:17	6:14	6	5:19	63	7:46	13.00	1:17:21	5:56	7	19:37	1	-
Lap 5	3.25	20:07	6:11	6	4:47	59	7:30	16.25	1:37:28	5:59	7	24:24	28	
Lap 6	3.25	20:52	6:25	7	5:49	65	8:12	19.50	1:58:20	6:04	6	30:13	29	11:09
Lap 7	3.25	21:12	6:31	7	6:03	65	8:29	22.75	2:19:32	6:07	6	36:16	26	23:56
Lap 8	3.25	22:22	6:52	7	6:45	64	9:29	26.00	2:41:54	6:13	6	27:20	26	4:28
Lap 9	3.25	23:46	7:18	7	7:49	66	11:10	29.25	3:05:40	6:20	7	50:50	27	22:32
Lap 10	3.25	23:56	7:21	7	7:29	65	11:10	32.50	3:29:36	6:26	7	58:19	27	32:28
Lap 11	3.25	24:47	7:37	7	7:43	65	11:46	35.75	3:54:23	6:33	7	1:06:02	26	17:20
Lap 12	3.25	25:35	7:52	7	7:45	65	12:31	39.00	4:19:58	6:39	5	47:47	27	34:43
Last lap Finish	3.25	24:49	7:38	7	7:54	65	11:54	42.25	4:44:47	6:44	7	1:21:41	67	3:50:07