



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Roth, Ralf

Club: Frauensee

Number: 48

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 4:46:23

Speed: 8.80 km/h

Running performance: 6:47 min/km

Rank in course/Total: 78 (of 86)

Rank in course/Men: 67 (of 74)

Best time in course: 2:43:30

Rank in category: 18(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	18:00	5:32	13	4:29	53	6:35	3.25	18:00	5:32	4	2:40	27	
Lap 2	3.25	19:50	6:06	16	5:54	63	7:45	6.50	37:50	5:49	4	5:04	27	0:06
Lap 3	3.25	21:56	6:44	20	7:56	72	9:42	9.75	59:46	6:07	4	8:51	24	5:20
Lap 4	3.25	20:25	6:16	16	6:06	64	7:54	13.00	1:20:11	6:10	2	24:25	26	2:50
Lap 5	3.25	20:14	6:13	16	5:53	63	7:37	16.25	1:40:25	6:10	4	12:45	27	2:52
Lap 6	3.25	21:14	6:31	17	6:57	66	8:34	19.50	2:01:39	6:14	3	30:58	30	14:28
Lap 7	3.25	21:49	6:42	16	7:07	66	9:06	22.75	2:23:28	6:18	4	37:14	27	27:52
Lap 8	3.25	23:39	7:16	17	8:47	67	10:46	26.00	2:47:07	6:25	4	21:21	25	9:41
Lap 9	3.25	22:55	7:03	16	7:52	63	10:19	29.25	3:10:02	6:29	4	23:26	26	26:54
Lap 10	3.25	23:13	7:08	16	7:35	63	10:27	32.50	3:33:15	6:33	4	25:30	26	36:07
Lap 11	3.25	24:34	7:33	16	8:33	63	11:33	35.75	3:57:49	6:39	20	27:24	73	20:46
Lap 12	3.25	24:51	7:38	15	8:21	64	11:47	39.00	4:22:40	6:44	4	28:59	28	37:25
Last lap Finish	3.25	23:43	7:17	14	8:43	61	10:48	42.25	4:46:23	6:46	18	1:32:20	68	3:51:43