



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Voegelin, Christoph

Club: Adler-Langlauf Bottrop

Number: 53

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 5:15:01

Speed: 8.00 km/h

Running performance: 7:28 min/km

Rank in course/Total: 82 (of 86)

Rank in course/Men: 70 (of 74)

Best time in course: 2:43:30

Rank in category: 19(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	18:42	5:45	17	5:11	62	7:17	3.25	18:42	5:45	3	3:22	3	0:27
Lap 2	3.25	19:01	5:51	14	5:05	55	6:56	6.50	37:43	5:48	3	4:57	14	
Lap 3	3.25	19:25	5:58	14	5:25	57	7:11	9.75	57:08	5:51	3	6:13	22	2:42
Lap 4	3.25	20:05	6:10	15	5:46	61	7:34	13.00	1:17:13	5:56	9	21:27	4	
Lap 5	3.25	21:16	6:32	19	6:55	69	8:39	16.25	1:38:29	6:03	3	10:49	24	0:56
Lap 6	3.25	24:13	7:27	20	9:56	73	11:33	19.50	2:02:42	6:17	2	32:01	32	15:31
Lap 7	3.25	24:38	7:34	19	9:56	71	11:55	22.75	2:27:20	6:28	3	41:06	30	31:44
Lap 8	3.25	25:47	7:56	19	10:55	70	12:54	26.00	2:53:07	6:39	3	27:21	22	15:41
Lap 9	3.25	29:27	9:03	20	14:24	73	16:51	29.25	3:22:34	6:55	3	35:58	23	39:26
Lap 10	3.25	31:54	9:48	20	16:16	73	19:08	32.50	3:54:28	7:12	3	46:43	23	57:20
Lap 11	3.25	27:56	8:35	19	11:55	70	14:55	35.75	4:22:24	7:20	3	51:59	23	45:21
Lap 12	3.25	26:25	8:07	19	9:55	70	13:21	39.00	4:48:49	7:24	3	55:08	31	1:03:34
Last lap Finish	3.25	26:12	8:03	20	11:12	72	13:17	42.25	5:15:01	7:27	19	2:00:58	71	4:20:21