



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Beiderbeck, Dietmar**

Club: LG Würzburg/ Speedmax-Team

Number: 104

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 5:17:30

Speed: 7.94 km/h

Running performance: 7:31 min/km

Rank in course/Total: 83 (of 86)

Rank in course/Men: 71 (of 74)

Best time in course: 2:43:30

Rank in category: 15(of 16)

Best time in the category: 2:43:30

Control	Intermediate times			Stage score				Total ranking						
	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	18:46	5:46	14	7:21	64	7:21	3.25	18:46	5:46	16	2:14	22	0:31
Lap 2	3.25	20:00	6:09	16	7:55	68	7:55	6.50	38:46	5:57	16	4:07	22	1:02
Lap 3	3.25	20:45	6:23	15	8:31	69	8:31	9.75	59:31	6:06	14	23:47	20	5:05
Lap 4	3.25	21:51	6:43	15	9:20	70	9:20	13.00	1:21:22	6:15	11	33:07	21	4:01
Lap 5	3.25	21:41	6:40	15	9:04	70	9:04	16.25	1:43:03	6:20	14	29:55	23	5:30
Lap 6	3.25	22:59	7:04	15	10:19	70	10:19	19.50	2:06:02	6:27	15	52:30	72	18:51
Lap 7	3.25	24:40	7:35	15	11:57	72	11:57	22.75	2:30:42	6:37	12	1:04:27	31	35:06
Lap 8	3.25	26:36	8:11	15	13:43	71	13:43	26.00	2:57:18	6:49	13	1:18:10	20	19:52
Lap 9	3.25	27:13	8:22	15	14:37	70	14:37	29.25	3:24:31	6:59	14	1:32:47	21	41:23
Lap 10	3.25	30:32	9:23	15	17:46	71	17:46	32.50	3:55:03	7:13	15	1:50:33	21	57:55
Lap 11	3.25	29:48	9:10	15	16:47	71	16:47	35.75	4:24:51	7:24	14	2:07:20	21	47:48
Lap 12	3.25	27:44	8:31	15	14:40	71	14:40	39.00	4:52:35	7:30	14	2:22:00	32	1:07:20
Last lap Finish	3.25	24:55	7:40	16	12:00	67	12:00	42.25	5:17:30	7:30	16	4:22:50	72	4:22:50