



## 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

### Detailed evaluation

#### Braungart, Georg

Club: LG Würzburg

Number: 103

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 5:17:31

Speed: 7.98 km/h

Running performance: 7:31 min/km

Rank in course/Total: 84 (of 86)

Rank in course/Men: 72 (of 74)

Best time in course: 2:43:30

Rank in category: 20(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	18:46	5:46	18	5:15	64	7:21	3.25	18:46	5:46	2	3:26	22	0:31
Lap 2	3.25	20:00	6:09	19	6:04	68	7:55	6.50	38:46	5:57	2	6:00	22	1:02
Lap 3	3.25	20:45	6:23	19	6:45	69	8:31	9.75	59:31	6:06	2	8:36	20	5:05
Lap 4	3.25	21:51	6:43	20	7:32	70	9:20	13.00	1:21:22	6:15	15	25:36	21	4:01
Lap 5	3.25	21:42	6:40	20	7:21	71	9:05	16.25	1:43:04	6:20	2	15:24	22	5:31
Lap 6	3.25	22:58	7:03	19	8:41	69	10:18	19.50	2:06:02	6:27	20	35:21	72	18:51
Lap 7	3.25	24:40	7:35	20	9:58	72	11:57	22.75	2:30:42	6:37	2	44:28	31	35:06
Lap 8	3.25	26:36	8:11	20	11:44	71	13:43	26.00	2:57:18	6:49	2	31:32	20	19:52
Lap 9	3.25	27:13	8:22	19	12:10	70	14:37	29.25	3:24:31	6:59	2	37:55	21	41:23
Lap 10	3.25	30:32	9:23	19	14:54	71	17:46	32.50	3:55:03	7:13	2	47:18	21	57:55
Lap 11	3.25	29:48	9:10	20	13:47	71	16:47	35.75	4:24:51	7:24	2	54:26	21	47:48
Lap 12	3.25	27:44	8:31	20	11:14	71	14:40	39.00	4:52:35	7:30	2	58:54	32	1:07:20
Last lap Finish	3.25	24:56	7:40	17	9:56	68	12:01	42.25	5:17:31	7:30	20	2:03:28	73	4:22:51