



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Lange, Heiko

Club: Fitunlimited/S1 Suhl

Number: 292

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 52:03

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 100 (of 150)

Rank in course/Men: 94 (of 128)

Best time in course: 32:24

Rank in category: 17(of 23)

Best time in the category: 37:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	21	5:07	104	6:40	3.25	16:53	5:11	8	2:09	94	6:40
Lap 2	3.25	17:45	5:27	17	4:51	93	6:33	6.50	34:38	5:19	8	2:52	94	13:13
Last lap Finish	3.25	17:25	5:21	17	4:35	92	6:26	9.75	52:03	5:20	17	14:33	97	29:17