



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Zimmermann, Ulrich

Club: Fitunlimited/S1 Suhl

Number: 156

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 52:03

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 101 (of 150)

Rank in course/Men: 95 (of 128)

Best time in course: 32:24

Rank in category: 9(of 14)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	16:53	5:11	10	4:49	104	6:40	3.25	16:53	5:11	9	4:49	94	6:40
Lap 2	3.25	17:45	5:27	9	4:15	93	6:33	6.50	34:38	5:19	9	8:55	94	13:13
Last lap Finish	3.25	17:25	5:21	9	3:42	92	6:26	9.75	52:03	5:20	9	12:22	97	29:17