



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Heide, Peter

Club: Schmalkalder LV

Number: 285

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 52:15

Speed: 10.33 km/h

Running performance: 5:22 min/km

Rank in course/Total: 103 (of 150)

Rank in course/Men: 96 (of 128)

Best time in course: 32:24

Rank in category: 18(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:30	5:04	19	4:44	97	6:17	3.25	16:30	5:04	7	1:46	96	6:17
Lap 2	3.25	17:49	5:28	18	4:55	96	6:37	6.50	34:19	5:16	7	2:33	96	12:54
Last lap Finish	3.25	17:56	5:31	19	5:06	97	6:57	9.75	52:15	5:21	18	14:45	99	29:29