



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Prenzel, Lutz

Club: Sulzbach a. Main

Number: 166

Course: 9.75 km

10 km Lauf

Category:

Männer M60

Total time: 52:20

Speed: 10.32 km/h

Running performance: 5:22 min/km

Rank in course/Total: 104 (of 150)

Rank in course/Men: 97 (of 128)

Best time in course: 32:24

Rank in category: 6(of 8)

Best time in the category: 36:45

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	15:58	4:54	5	4:04	86	5:45	3.25	15:58	4:54	6	4:04	97	5:45
Lap 2	3.25	17:56	5:31	6	5:08	99	6:44	6.50	33:54	5:12	6	9:12	97	12:29
Last lap Finish	3.25	18:26	5:40	6	6:23	102	7:27	9.75	52:20	5:22	6	15:35	100	29:34