



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Lipfert, Kai-Uwe

Club: Saalfelder LV

Number: 293

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 52:59

Speed: 10.19 km/h

Running performance: 5:26 min/km

Rank in course/Total: 106 (of 150)

Rank in course/Men: 99 (of 128)

Best time in course: 32:24

Rank in category: 19(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	16:29	5:04	18	4:43	96	6:16	3.25	16:29	5:04	6	1:45	99	6:16
Lap 2	3.25	18:17	5:37	19	5:23	104	7:05	6.50	34:46	5:20	6	3:00	99	13:21
Last lap Finish	3.25	18:13	5:36	21	5:23	100	7:14	9.75	52:59	5:26	19	15:29	102	30:13