



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Grebe, Martin

Club: Eisenach

Number: 284

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 53:10

Speed: 10.16 km/h

Running performance: 5:27 min/km

Rank in course/Total: 107 (of 150)

Rank in course/Men: 100 (of 128)

Best time in course: 32:24

Rank in category: 20(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	16:38	5:07	20	4:52	100	6:25	3.25	16:38	5:07	5	1:54	100	6:25
Lap 2	3.25	18:23	5:39	21	5:29	106	7:11	6.50	35:01	5:23	5	3:15	98	13:36
Last lap Finish	3.25	18:09	5:35	20	5:19	99	7:10	9.75	53:10	5:27	20	15:40	103	30:24