



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kümpel, Klaus

Club: Königswinter

Number: 264

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 53:33

Speed: 10.08 km/h

Running performance: 5:29 min/km

Rank in course/Total: 109 (of 150)

Rank in course/Men: 102 (of 128)

Best time in course: 32:24

Rank in category: 12(of 15)

Best time in the category: 34:07

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	16:46	5:09	12	5:37	101	6:33	3.25	16:46	5:09	12	5:37	102	6:33
Lap 2	3.25	18:16	5:37	12	6:42	103	7:04	6.50	35:02	5:23	12	12:19	102	13:37
Last lap Finish	3.25	18:31	5:41	11	7:07	103	7:32	9.75	53:33	5:29	13	19:26	105	30:47