



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

denzer, ingo

Club: göllheim

Number: 281

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 54:16

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 113 (of 150)

Rank in course/Men: 106 (of 128)

Best time in course: 32:24

Rank in category: 21(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	18:13	5:36	23	6:27	121	8:00	3.25	18:13	5:36	4	3:29	106	8:00
Lap 2	3.25	18:21	5:38	20	5:27	105	7:09	6.50	36:34	5:37	4	4:48	106	15:09
Last lap Finish	3.25	17:42	5:26	18	4:52	95	6:43	9.75	54:16	5:33	21	16:46	109	31:30