



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Rinke, Gerhard**

Club: SV Heiligenstadt

Number: 153

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 55:55

Speed: 9.66 km/h

Running performance: 5:44 min/km

Rank in course/Total: 123 (of 150)

Rank in course/Men: 112 (of 128)

Best time in course: 32:24

Rank in category: 11(of 14)

Best time in the category: 39:41

### 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	16:50	5:10	9	4:46	102	6:37	3.25	16:50	5:10	11	4:46	111	6:37
Lap 2	3.25	18:38	5:44	11	5:08	107	7:26	6.50	35:28	5:27	11	9:45	111	14:03
Last lap Finish	3.25	20:27	6:17	13	6:44	119	9:28	9.75	55:55	5:44	11	16:14	115	33:09