



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Dahlhausen, Frank

Club: BSG Postbank Köln

Number: 280

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 55:40

Speed: 9.70 km/h

Running performance: 5:43 min/km

Rank in course/Total: 122 (of 150)

Rank in course/Men: 111 (of 128)

Best time in course: 32:24

Rank in category: 22(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	17:30	5:23	22	5:44	116	7:17	3.25	17:30	5:23	3	2:46	112	7:17
Lap 2	3.25	19:07	5:52	22	6:13	110	7:55	6.50	36:37	5:38	3	4:51	112	15:12
Last lap Finish	3.25	19:03	5:51	22	6:13	110	8:04	9.75	55:40	5:42	22	18:10	114	32:54