



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: 10.51 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 |