



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Klein, Jörg

Club: Schenefeld

Number: 290

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 57:22

Speed: 9.41 km/h

Running performance: 5:53 min/km

Rank in course/Total: 128 (of 150)

Rank in course/Men: 115 (of 128)

Best time in course: 32:24

Rank in category: 23(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	16:27	5:03	16	4:41	92	6:14	3.25	16:27	5:03	2	1:43	85	6:14
Lap 2	3.25	21:03	6:28	23	8:09	121	9:51	6.50	37:30	5:46	2	5:44	115	16:05
Last lap Finish	3.25	19:52	6:06	23	7:02	116	8:53	9.75	57:22	5:53	23	19:52	118	34:36