



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Grimmer, Olaf**

Club: Lichtenau

Number: 146

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 59:47

Speed: 9.03 km/h

Running performance: 6:08 min/km

Rank in course/Total: 134 (of 150)

Rank in course/Men: 118 (of 128)

Best time in course: 32:24

Rank in category: 14(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	18:09	5:35	13	6:05	120	7:56	3.25	18:09	5:35	14	6:05	119	7:56
Lap 2	3.25	20:35	6:19	13	7:05	118	9:23	6.50	38:44	5:57	14	13:01	118	17:19
Last lap Finish	3.25	21:03	6:28	14	7:20	121	10:04	9.75	59:47	6:07	14	20:06	121	37:01