



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Barz, Hans-Jürgen

Club: Cottbuser Parkläufer

Number: 170

Course: 9.75 km

10 km Lauf

Category:

Männer M65

Total time: 59:49

Speed: 9.03 km/h

Running performance: 6:08 min/km

Rank in course/Total: 135 (of 150)

Rank in course/Men: 119 (of 128)

Best time in course: 32:24

Rank in category: 1(of 1)

Best time in the category: 59:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:28	5:22	1	-	115	7:15	3.25	17:28	5:22	1	-	120	7:15	
Lap 2	3.25	20:41	6:21	1	-	119	9:29	6.50	38:09	5:52	1	-	113	16:44	
Last lap Finish	3.25	21:40	6:40	1	-	122	10:41	9.75	59:49	6:08	1	-	122	37:03	