



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 287

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 38:49

Speed: 15.07 km/h

Running performance: 3:59 min/km

Rank in course/Total: 14 (of 150)

Rank in course/Men: 14 (of 128)

Best time in course: 32:24

Rank in category: 2(of 23)

Best time in the category: 37:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	11:56	3:40	2	0:10	12	1:43	3.25	11:56	3:40	23		12	1:43
Lap 2	3.25	13:27	4:08	2	0:33	16	2:15	6.50	25:23	3:54	23		14	3:58
Last lap Finish	3.25	13:26	4:08	2	0:36	14	2:27	9.75	38:49	3:58	2	1:19	15	16:03