



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: 13.91 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 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	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