



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Schmidt, Werner

Club: Tornesch

Number: 159

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 1:04:05

Speed: 8.43 km/h

Running performance: 6:34 min/km

Rank in course/Total: 139 (of 150)

Rank in course/Men: 121 (of 128)

Best time in course: 32:24

Rank in category: 4(of 5)

Best time in the category: 41:34

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	20:23	6:16	4	7:05	126	10:10	3.25	20:23	6:16	4	7:05	122	10:10
Lap 2	3.25	21:33	6:37	4	7:22	122	10:21	6.50	41:56	6:27	4	14:27	121	20:31
Last lap Finish	3.25	22:09	6:48	4	8:04	125	11:10	9.75	1:04:05	6:34	4	22:31	124	41:19