



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Diez, Utz

Club: USV Jena e.V.

Number: 174

Course: 9.75 km

10 km Lauf

Category:

Männer M75

Total time: 1:05:31

Speed: 8.24 km/h

Running performance: 6:43 min/km

Rank in course/Total: 141 (of 150)

Rank in course/Men: 123 (of 128)

Best time in course: 32:24

Rank in category: 1(of 1)

Best time in the category: 1:05:31

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	20:06	6:11	1	-	125	9:53	3.25	20:06	6:11	1	-	124	9:53
Lap 2	3.25	22:19	6:51	1	-	123	11:07	6.50	42:25	6:31	1	-	123	21:00
Last lap Finish	3.25	23:06	7:06	1	-	126	12:07	9.75	1:05:31	6:43	1	-	126	42:45