



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Zimmermann, Uwe

Club: USV Jena e.V.

Number: 161

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 1:16:52

Speed: 7.61 km/h

Running performance: 7:53 min/km

Rank in course/Total: 146 (of 150)

Rank in course/Men: 125 (of 128)

Best time in course: 32:24

Rank in category: 5(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	21:26	6:35	5	8:08	128	11:13	3.25	21:26	6:35	5	8:08	126	11:13
Lap 2	3.25	26:11	8:03	5	12:00	126	14:59	6.50	47:37	7:19	5	20:08	125	26:12
Last lap Finish	3.25	29:15	9:00	5	15:10	128	18:16	9.75	1:16:52	7:53	5	35:18	128	54:06