



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Bomberg, Dirk

Club: sc impuls erfurt

Number: 141

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 39:53

Speed: 13.54 km/h

Running performance: 4:05 min/km

Rank in course/Total: 19 (of 150)

Rank in course/Men: 19 (of 128)

Best time in course: 32:24

Rank in category: 2(of 14)

Best time in the category: 39:41

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	12:40	3:53	2	0:36	22	2:27	3.25	12:40	3:53	2	0:36	19	2:27
Lap 2	3.25	13:30	4:09	1	-	17	2:18	6.50	26:10	4:01	2	0:27	19	4:45
Last lap Finish	3.25	13:43	4:13	1	-	19	2:44	9.75	39:53	4:05	2	0:12	20	17:07