



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Grimm, Werner

Club: VfB Grün-Weiß Fehrenbach

Number: 158

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 41:34

Speed: 12.99 km/h

Running performance: 4:16 min/km

Rank in course/Total: 28 (of 150)

Rank in course/Men: 27 (of 128)

Best time in course: 32:24

Rank in category: 1(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	13:18	4:05	1	-	28	3:05	3.25	13:18	4:05	1	-	27	3:05	
Lap 2	3.25	14:11	4:21	1	-	25	2:59	6.50	27:29	4:13	1	-	27	6:04	
Last lap Finish	3.25	14:05	4:20	1	-	28	3:06	9.75	41:34	4:15	1	-	29	18:48	