



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Enge, Uwe

Club: RSV 03 Ruhla

Number: 283

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 43:12

Speed: 12.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 36 (of 150)

Rank in course/Men: 35 (of 128)

Best time in course: 32:24

Rank in category: 6(of 23)

Best time in the category: 37:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	13:56	4:17	6	2:10	44	3:43	3.25	13:56	4:17	18		35	3:43
Lap 2	3.25	14:37	4:29	6	1:43	33	3:25	6.50	28:33	4:23	19		35	7:08
Last lap Finish	3.25	14:39	4:30	7	1:49	35	3:40	9.75	43:12	4:25	6	5:42	37	20:26