



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Schott, Herold

Club: Schleusingen

Number: 154

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 43:35

Speed: 12.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 37 (of 150)

Rank in course/Men: 36 (of 128)

Best time in course: 32:24

Rank in category: 3(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:33	4:10	3	1:29	33	3:20	3.25	13:33	4:10	3	1:29	36	3:20
Lap 2	3.25	14:59	4:36	3	1:29	38	3:47	6.50	28:32	4:23	3	2:49	36	7:07
Last lap Finish	3.25	15:03	4:37	3	1:20	40	4:04	9.75	43:35	4:28	3	3:54	38	20:49