



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Krauß, Raimund

Club: LV Einheit Greiz

Number: 173

Course: 9.75 km

10 km Lauf

Category:

Männer M70

Total time: 43:40

Speed: 12.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 38 (of 150)

Rank in course/Men: 37 (of 128)

Best time in course: 32:24

Rank in category: 1(of 1)

Best time in the category: 43:40

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	13:49	4:15	1	-	40	3:36	3.25	13:49	4:15	1	-	37	3:36
Lap 2	3.25	14:46	4:32	1	-	37	3:34	6.50	28:35	4:23	1	-	37	7:10
Last lap Finish	3.25	15:05	4:38	1	-	42	4:06	9.75	43:40	4:28	1	-	39	20:54