



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV

Number: 286

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 43:58

Speed: 12.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 41 (of 150)

Rank in course/Men: 40 (of 128)

Best time in course: 32:24

Rank in category: 7(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:56	4:17	6	2:10	44	3:43	3.25	13:56	4:17	18			35	3:43
Lap 2	3.25	15:07	4:39	7	2:13	41	3:55	6.50	29:03	4:28	18			40	7:38
Last lap Finish	3.25	14:55	4:35	8	2:05	38	3:56	9.75	43:58	4:30	7	6:28		42	21:12