



# 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: 13.31 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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 |