



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Elsner, Wolfgang

Club: VfB Fallersleben

Number: 144

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 44:43

Speed: 12.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 45 (of 150)

Rank in course/Men: 43 (of 128)

Best time in course: 32:24

Rank in category: 4(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	13:58	4:17	4	1:54	46	3:45	3.25	13:58	4:17	4	1:54	43	3:45
Lap 2	3.25	15:07	4:39	4	1:37	41	3:55	6.50	29:05	4:28	4	3:22	43	7:40
Last lap Finish	3.25	15:38	4:48	4	1:55	53	4:39	9.75	44:43	4:35	4	5:02	45	21:57