



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Boller, Frank

Club: RTV Haselgrund e.V.

Number: 279

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 44:48

Speed: 12.05 km/h

Running performance: 4:35 min/km

Rank in course/Total: 47 (of 150)

Rank in course/Men: 45 (of 128)

Best time in course: 32:24

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	15:06	4:38	11	3:20	72	4:53	3.25	15:06	4:38	17	0:22	45	4:53
Lap 2	3.25	15:15	4:41	8	2:21	44	4:03	6.50	30:21	4:40	17		45	8:56
Last lap Finish	3.25	14:27	4:26	6	1:37	31	3:28	9.75	44:48	4:35	8	7:18	47	22:02