



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Gloth-Pfaff, Andreas

Club: Saalfelder LV

Number: 261

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 44:57

Speed: 12.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 49 (of 150)

Rank in course/Men: 47 (of 128)

Best time in course: 32:24

Rank in category: 4(of 15)

Best time in the category: 34:07

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	14:23	4:25	4	3:14	54	4:10	3.25	14:23	4:25	4	3:14	47	4:10
Lap 2	3.25	15:27	4:45	4	3:53	48	4:15	6.50	29:50	4:35	4	7:07	47	8:25
Last lap Finish	3.25	15:07	4:39	4	3:43	45	4:08	9.75	44:57	4:36	5	10:50	49	22:11