



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Wahl, Martin

Club: wsv oberhof

Number: 169

Course: 9.75 km

10 km Lauf

Category:

Männer M60

Total time: 36:45

Speed: 14.69 km/h

Running performance: 3:46 min/km

Rank in course/Total: 5 (of 150)

Rank in course/Men: 5 (of 128)

Best time in course: 32:24

Rank in category: 1(of 8)

Best time in the category: 36:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	11:54	3:39	1	-	10	1:41	3.25	11:54	3:39	1	-	5	1:41
Lap 2	3.25	12:48	3:56	1	-	6	1:36	6.50	24:42	3:47	1	-	5	3:17
Last lap Finish	3.25	12:03	3:42	1	-	5	1:04	9.75	36:45	3:46	1	-	6	13:59