



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Albrecht, Jürgen

Club: Apoldaer LV 90

Number: 157

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 45:17

Speed: 11.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 51 (of 150)

Rank in course/Men: 49 (of 128)

Best time in course: 32:24

Rank in category: 2(of 5)

Best time in the category: 41:34

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	14:22	4:25	2	1:04	53	4:09	3.25	14:22	4:25	2	1:04	49	4:09
Lap 2	3.25	15:27	4:45	2	1:16	48	4:15	6.50	29:49	4:35	2	2:20	49	8:24
Last lap Finish	3.25	15:28	4:45	2	1:23	48	4:29	9.75	45:17	4:38	2	3:43	51	22:31