



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 |