



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Wahl, Immo

Club: Thüringer Wald

Number: 233

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 45:39

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 54 (of 150)

Rank in course/Men: 52 (of 128)

Best time in course: 32:24

Rank in category: 7(of 18)

Best time in the category: 37:31

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	14:52	4:34	10	3:10	65	4:39	3.25	14:52	4:34	13			52	4:39
Lap 2	3.25	15:24	4:44	6	2:41	47	4:12	6.50	30:16	4:39	13			52	8:51
Last lap Finish	3.25	15:23	4:44	6	2:56	46	4:24	9.75	45:39	4:40	7	8:08		54	22:53