



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Stefan, Walter

Club: LGV Marathon Giessen

Number: 155

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 46:00

Speed: 11.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 56 (of 150)

Rank in course/Men: 54 (of 128)

Best time in course: 32:24

Rank in category: 5(of 14)

Best time in the category: 39:41

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	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.25	14:26	4:26	6	2:22	56	4:13	3.25	14:26	4:26	5	2:22	54	4:13
Lap 2	3.25	15:50	4:52	5	2:20	55	4:38	6.50	30:16	4:39	5	4:33	52	8:51
Last lap Finish	3.25	15:44	4:50	5	2:01	56	4:45	9.75	46:00	4:43	5	6:19	56	23:14