



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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 14:26 | 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 |