



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Grafe, Viktor

Club: SG Handel Jena

Number: 164

Course: 9.75 km

10 km Lauf

Category:

Männer M60

Total time: 46:53

Speed: 11.52 km/h

Running performance: 4:49 min/km

Rank in course/Total: 64 (of 150)

Rank in course/Men: 61 (of 128)

Best time in course: 32:24

Rank in category: 3(of 8)

Best time in the category: 36:45

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	14:55	4:35	3	3:01	66	4:42	3.25	14:55	4:35	3	3:01	60	4:42
Lap 2	3.25	15:55	4:53	3	3:07	58	4:43	6.50	30:50	4:44	3	6:08	61	9:25
Last lap Finish	3.25	16:03	4:56	3	4:00	61	5:04	9.75	46:53	4:48	3	10:08	63	24:07