



## 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

### Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen

Number: 297

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 37:30

Speed: 14.40 km/h

Running performance: 3:51 min/km

Rank in course/Total: 7 (of 150)

Rank in course/Men: 7 (of 128)

Best time in course: 32:24

Rank in category: 1(of 23)

Best time in the category: 37:30

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |       |
| Lap 1           | 3.25        | 11:46         | 3:37            | 1           | -              | 9           | 1:33          | 3.25          | 11:46         | 3:37            | 13          |                |            | 7             | 1:33  |
| Lap 2           | 3.25        | 12:54         | 3:58            | 1           | -              | 8           | 1:42          | 6.50          | 24:40         | 3:47            | 13          |                |            | 7             | 3:15  |
| Last lap Finish | 3.25        | 12:50         | 3:56            | 1           | -              | 8           | 1:51          | 9.75          | 37:30         | 3:50            | 1           | -              |            | 8             | 14:44 |