



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Keitzl, Thomas

Club: Impuls Fitness Eisenach

Number: 288

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 47:54

Speed: 11.27 km/h

Running performance: 4:55 min/km

Rank in course/Total: 70 (of 150)

Rank in course/Men: 66 (of 128)

Best time in course: 32:24

Rank in category: 9(of 23)

Best time in the category: 37:30

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	14:45	4:32	9	2:59	61	4:32	3.25	14:45	4:32	16	0:01	66	4:32
Lap 2	3.25	16:06	4:57	9	3:12	62	4:54	6.50	30:51	4:44	16		66	9:26
Last lap Finish	3.25	17:03	5:14	14	4:13	83	6:04	9.75	47:54	4:54	9	10:24	68	25:08