



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Eckhardt, Frank

Club: Wermelskirchen

Number: 143

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 48:13

Speed: 11.20 km/h

Running performance: 4:57 min/km

Rank in course/Total: 73 (of 150)

Rank in course/Men: 69 (of 128)

Best time in course: 32:24

Rank in category: 7(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	15:15	4:41	7	3:11	74	5:02	3.25	15:15	4:41	7	3:11	69	5:02
Lap 2	3.25	16:32	5:05	8	3:02	70	5:20	6.50	31:47	4:53	7	6:04	69	10:22
Last lap Finish	3.25	16:26	5:03	8	2:43	70	5:27	9.75	48:13	4:56	7	8:32	71	25:27