



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Weber, Stefan

Club: EFC 08 Ruhla

Number: 299

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:14

Speed: 11.20 km/h

Running performance: 4:57 min/km

Rank in course/Total: 74 (of 150)

Rank in course/Men: 70 (of 128)

Best time in course: 32:24

Rank in category: 10(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	15:22	4:43	14	3:36	81	5:09	3.25	15:22	4:43	15	0:38	70	5:09
Lap 2	3.25	16:28	5:03	10	3:34	65	5:16	6.50	31:50	4:53	15	0:04	63	10:25
Last lap Finish	3.25	16:24	5:02	9	3:34	68	5:25	9.75	48:14	4:56	10	10:44	72	25:28