



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Dunkel, Frank

Club: Großurschla

Number: 282

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:22

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 75 (of 150)

Rank in course/Men: 71 (of 128)

Best time in course: 32:24

Rank in category: 11(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	15:04	4:38	10	3:18	71	4:51	3.25	15:04	4:38	14	0:20	71	4:51
Lap 2	3.25	16:34	5:05	12	3:40	72	5:22	6.50	31:38	4:51	14		71	10:13
Last lap Finish	3.25	16:44	5:08	10	3:54	72	5:45	9.75	48:22	4:57	11	10:52	73	25:36