



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Berner, Roland

Club: LG Bad Frankenhausen/Göllingen
Number: 300

Course: 9.75 km
10 km Lauf

Category:
Männer M50

Total time: 48:26

Speed: 11.15 km/h
Running performance: 4:58 min/km

Rank in course/Total: 76 (of 150)

Rank in course/Men: 72 (of 128)

Best time in course: 32:24

Rank in category: 8(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	15:49	4:51	8	3:45	84	5:36	3.25	15:49	4:51	8	3:45	72	5:36
Lap 2	3.25	16:30	5:04	7	3:00	67	5:18	6.50	32:19	4:58	8	6:36	72	10:54
Last lap Finish	3.25	16:07	4:57	6	2:24	62	5:08	9.75	48:26	4:58	8	8:45	74	25:40