



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Peter, Rainer**

Club: Heringen

Number: 294

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:31

Speed: 12.06 km/h

Running performance: 4:59 min/km

Rank in course/Total: 78 (of 150)

Rank in course/Men: 74 (of 128)

Best time in course: 32:24

Rank in category: 12(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	14:44	4:31	8	2:58	60	4:31	3.25	14:44	4:31	1	-	74	4:31
Lap 2	3.25	17:02	5:14	15	4:08	79	5:50	6.50	31:46	4:53	1	-	74	10:21
Last lap Finish	3.25	16:45	5:09	11	3:55	73	5:46	9.75	48:31	4:58	12	11:01	76	25:45