



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Profft, Ingolf

Club: Gotha
Number: 252

Course: 9.75 km
10 km Lauf

Category:
Männer M35

Total time: 48:40

Speed: 11.10 km/h
Running performance: 4:59 min/km

Rank in course/Total: 80 (of 150)

Rank in course/Men: 76 (of 128)

Best time in course: 32:24

Rank in category: 13(of 24)

Best time in the category: 37:58

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	15:20	4:43	14	4:11	77	5:07	3.25	15:20	4:43	1	-	62	5:07
Lap 2	3.25	16:33	5:05	12	3:33	71	5:21	6.50	31:53	4:54	12	1:11	76	10:28
Last lap Finish	3.25	16:47	5:09	14	5:10	76	5:48	9.75	48:40	4:59	14	25:54	78	25:54