



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kirst, Reinhard

Club: Elmshorn

Number: 289

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:46

Speed: 11.07 km/h

Running performance: 5:00 min/km

Rank in course/Total: 81 (of 150)

Rank in course/Men: 77 (of 128)

Best time in course: 32:24

Rank in category: 13(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	15:30	4:46	15	3:44	83	5:17	3.25	15:30	4:46	12	0:46	77	5:17
Lap 2	3.25	16:30	5:04	11	3:36	67	5:18	6.50	32:00	4:55	12	0:14	77	10:35
Last lap Finish	3.25	16:46	5:09	12	3:56	74	5:47	9.75	48:46	5:00	13	11:16	79	26:00