



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 |