



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Amthor, Holger**

Club: S1 fitunlimited Suhl

Number: 277

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 49:08

Speed: 10.99 km/h

Running performance: 5:02 min/km

Rank in course/Total: 82 (of 150)

Rank in course/Men: 78 (of 128)

Best time in course: 32:24

Rank in category: 14(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	15:17	4:42	12	3:31	75	5:04	3.25	15:17	4:42	11	0:33	78	5:04
Lap 2	3.25	16:53	5:11	13	3:59	76	5:41	6.50	32:10	4:56	11	0:24	78	10:45
Last lap Finish	3.25	16:58	5:13	13	4:08	82	5:59	9.75	49:08	5:02	14	11:38	80	26:22