



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Weinberger, rolf

Club: Viba-Anschütz-Team

Number: 160

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 49:14

Speed: 10.97 km/h

Running performance: 5:03 min/km

Rank in course/Total: 83 (of 150)

Rank in course/Men: 79 (of 128)

Best time in course: 32:24

Rank in category: 3(of 5)

Best time in the category: 41:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:27	4:45	3	2:09	82	5:14	3.25	15:27	4:45	3	2:09	79	5:14
Lap 2	3.25	16:54	5:11	3	2:43	77	5:42	6.50	32:21	4:58	3	4:52	79	10:56
Last lap Finish	3.25	16:53	5:11	3	2:48	79	5:54	9.75	49:14	5:02	3	7:40	81	26:28