



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Guhl, Ingmar

Club: Philippsthal

Number: 243

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 50:24

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 87 (of 150)

Rank in course/Men: 83 (of 128)

Best time in course: 32:24

Rank in category: 15(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 | 16:51 | 5:11 | 18 | 5:42 | 103 | 6:38 | 3.25 | 16:51 | 5:11 | 11 | 1:31 | 83 | 6:38 |
| Lap 2 | 3.25 | 17:24 | 5:21 | 16 | 4:24 | 86 | 6:12 | 6.50 | 34:15 | 5:16 | 10 | 3:33 | 83 | 12:50 |
| Last lap Finish | 3.25 | 16:09 | 4:58 | 13 | 4:32 | 64 | 5:10 | 9.75 | 50:24 | 5:10 | 16 | 27:38 | 86 | 27:38 |