



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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	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	