



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt

Number: 163

Course: 9.75 km

10 km Lauf

Category:

Männer M60

Total time: 50:29

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 88 (of 150)

Rank in course/Men: 84 (of 128)

Best time in course: 32:24

Rank in category: 5(of 8)

Best time in the category: 36:45

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	16:23	5:02	6	4:29	89	6:10	3.25	16:23	5:02	5	4:29	84	6:10
Lap 2	3.25	17:09	5:16	5	4:21	83	5:57	6.50	33:32	5:09	5	8:50	81	12:07
Last lap Finish	3.25	16:57	5:12	5	4:54	81	5:58	9.75	50:29	5:10	5	13:44	87	27:43