



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kuhn, Werner

Club: Neustadt

Number: 291

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 50:43

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 89 (of 150)

Rank in course/Men: 85 (of 128)

Best time in course: 32:24

Rank in category: 16(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	16:27	5:03	16	4:41	92	6:14	3.25	16:27	5:03	2	1:43	85	6:14
Lap 2	3.25	16:59	5:13	14	4:05	78	5:47	6.50	33:26	5:08	9	1:40	85	12:01
Last lap Finish	3.25	17:17	5:19	16	4:27	90	6:18	9.75	50:43	5:12	16	13:13	88	27:57