



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Yilmaz, Gökhan

Club: Hamburg

Number: 258

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 51:26

Speed: 10.50 km/h

Running performance: 5:17 min/km

Rank in course/Total: 95 (of 150)

Rank in course/Men: 90 (of 128)

Best time in course: 32:24

Rank in category: 18(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	16:58	5:13	19	5:49	108	6:45	3.25	16:58	5:13	8	1:38	90	6:45
Lap 2	3.25	17:13	5:17	15	4:13	84	6:01	6.50	34:11	5:15	7	3:29	90	12:46
Last lap Finish	3.25	17:15	5:18	17	5:38	89	6:16	9.75	51:26	5:16	19	28:40	93	28:40