



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Weigert, Dirk

Club: Wolfsburg

Number: 136

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 51:39

Speed: 10.45 km/h

Running performance: 5:18 min/km

Rank in course/Total: 98 (of 150)

Rank in course/Men: 92 (of 128)

Best time in course: 32:24

Rank in category: 15(of 18)

Best time in the category: 37:31

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	15:02	4:37	12	3:20	69	4:49	3.25	15:02	4:37	5		91	4:49
Lap 2	3.25	18:02	5:32	17	5:19	100	6:50	6.50	33:04	5:05	5	2:08	91	11:39
Last lap Finish	3.25	18:35	5:43	16	6:08	104	7:36	9.75	51:39	5:17	16	14:08	94	28:53