



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Knape, Marcel

Club: LC Erfurt

Number: 139

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 32:24

Speed: 18.06 km/h

Running performance: 3:19 min/km

Rank in course/Total: 1 (of 150)

Rank in course/Men: 1 (of 128)

Best time in course: 32:24

Rank in category: 1(of 16)

Best time in the category: 32:24

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	10:13	3:08	1	-	1	-	3.25	10:13	3:08	1	-	1	-
Lap 2	3.25	11:12	3:26	1	-	1	-	6.50	21:25	3:17	1	-	1	-
Last lap Finish	3.25	10:59	3:22	1	-	1	-	9.75	32:24	3:19	1	-	2	9:38