



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rippel, Markus

Club: SV Normania Treffurt e.V.

Number: 229

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 37:55

Speed: 14.24 km/h

Running performance: 3:53 min/km

Rank in course/Total: 10 (of 150)

Rank in course/Men: 10 (of 128)

Best time in course: 32:24

Rank in category: 2(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	12:04	3:42	2	0:22	14	1:51	3.25	12:04	3:42	18			10	1:51
Lap 2	3.25	13:01	4:00	2	0:18	12	1:49	6.50	25:05	3:51	18			10	3:40
Last lap Finish	3.25	12:50	3:56	2	0:23	8	1:51	9.75	37:55	3:53	2	0:24		11	15:09