



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Mielke, Patrick

Club: N3 Sportverein e.V.

Number: 226

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 54:07

Speed: 9.98 km/h

Running performance: 5:33 min/km

Rank in course/Total: 111 (of 150)

Rank in course/Men: 104 (of 128)

Best time in course: 32:24

Rank in category: 16(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	16:28	5:03	16	4:46	94	6:15	3.25	16:28	5:03	4	1:07	104	6:15
Lap 2	3.25	17:49	5:28	16	5:06	96	6:37	6.50	34:17	5:16	4	3:21	104	12:52
Last lap Finish	3.25	19:50	6:06	17	7:23	114	8:51	9.75	54:07	5:33	17	16:36	107	31:21