



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Richter, Volker

Club: LG Socken Wellen

Number: 268

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 54:49

Speed: 9.85 km/h

Running performance: 5:37 min/km

Rank in course/Total: 115 (of 150)

Rank in course/Men: 107 (of 128)

Best time in course: 32:24

Rank in category: 13(of 15)

Best time in the category: 34:07

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	16:24	5:02	10	5:15	90	6:11	3.25	16:24	5:02	13	5:15	101	6:11
Lap 2	3.25	18:51	5:48	13	7:17	108	7:39	6.50	35:15	5:25	13	12:32	107	13:50
Last lap Finish	3.25	19:34	6:01	13	8:10	112	8:35	9.75	54:49	5:37	14	20:42	110	32:03