



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hartmann, Marcel

Club: Lauffreunde Geba

Number: 245

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 55:18

Speed: 9.76 km/h

Running performance: 5:40 min/km

Rank in course/Total: 118 (of 150)

Rank in course/Men: 108 (of 128)

Best time in course: 32:24

Rank in category: 19(of 24)

Best time in the category: 37:58

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	17:20	5:19	21	6:11	112	7:07	3.25	17:20	5:19	7	2:00	108	7:07
Lap 2	3.25	19:20	5:56	20	6:20	114	8:08	6.50	36:40	5:38	6	5:58	108	15:15
Last lap Finish	3.25	18:38	5:44	20	7:01	106	7:39	9.75	55:18	5:40	20	32:32	111	32:32