



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hensel, Michael

Club: Stade
Number: 246

Course: 9.75 km
10 km Lauf

Category:
Männer M35

Total time: 55:23

Speed: 9.75 km/h
Running performance: 5:41 min/km

Rank in course/Total: 119 (of 150)

Rank in course/Men: 109 (of 128)

Best time in course: 32:24

Rank in category: 20(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	17:09	5:16	20	6:00	109	6:56	3.25	17:09	5:16	6	1:49	109	6:56
Lap 2	3.25	19:18	5:56	19	6:18	113	8:06	6.50	36:27	5:36	5	5:45	109	15:02
Last lap Finish	3.25	18:56	5:49	21	7:19	108	7:57	9.75	55:23	5:40	21	32:37	112	32:37