



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Stärker, Stefan

Club: LG Frauenwald

Number: 212

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 38:27

Speed: 14.04 km/h

Running performance: 3:56 min/km

Rank in course/Total: 12 (of 150)

Rank in course/Men: 12 (of 128)

Best time in course: 32:24

Rank in category: 6(of 16)

Best time in the category: 32:24

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	11:56	3:40	6	1:43	12	1:43	3.25	11:56	3:40	6	1:43	12	1:43
Lap 2	3.25	12:57	3:59	5	1:45	9	1:45	6.50	24:53	3:49	6	3:28	12	3:28
Last lap Finish	3.25	13:34	4:10	6	2:35	15	2:35	9.75	38:27	3:56	6	6:03	13	15:41