



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Morgenweck, Reiko

Club: TV Barchfeld

Number: 250

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 38:28

Speed: 15.21 km/h

Running performance: 3:57 min/km

Rank in course/Total: 13 (of 150)

Rank in course/Men: 13 (of 128)

Best time in course: 32:24

Rank in category: 2(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	12:21	3:47	3	1:12	18	2:08	3.25	12:21	3:47	24			8	2:08
Lap 2	3.25	13:00	4:00	1	-	11	1:48	6.50	25:21	3:54	23			13	3:56
Last lap Finish	3.25	13:07	4:02	3	1:30	13	2:08	9.75	38:28	3:56	3	15:42		14	15:42