



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Werner, Thomas

Club: www.hundebox.de

Number: 257

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 57:45

Speed: 9.35 km/h

Running performance: 5:55 min/km

Rank in course/Total: 129 (of 150)

Rank in course/Men: 116 (of 128)

Best time in course: 32:24

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:24	5:21	22	6:15	114	7:11	3.25	17:24	5:21	5	2:04	117	7:11
Lap 2	3.25	20:24	6:16	21	7:24	116	9:12	6.50	37:48	5:48	4	7:06	116	16:23
Last lap Finish	3.25	19:57	6:08	22	8:20	117	8:58	9.75	57:45	5:55	22	34:59	119	34:59