



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Wiesemann, Holger

Club: SV Normania Treffurt e.V.

Number: 275

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 38:54

Speed: 13.88 km/h

Running performance: 3:59 min/km

Rank in course/Total: 15 (of 150)

Rank in course/Men: 15 (of 128)

Best time in course: 32:24

Rank in category: 2(of 15)

Best time in the category: 34:07

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	12:04	3:42	2	0:55	14	1:51	3.25	12:04	3:42	2	0:55	10	1:51
Lap 2	3.25	13:10	4:03	2	1:36	14	1:58	6.50	25:14	3:52	2	2:31	15	3:49
Last lap Finish	3.25	13:40	4:12	2	2:16	17	2:41	9.75	38:54	3:59	2	4:47	16	16:08