



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Röhrig, Peter

Club: TSV Immenhausen

Number: 296

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 40:04

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 21 (of 150)

Rank in course/Men: 20 (of 128)

Best time in course: 32:24

Rank in category: 3(of 23)

Best time in the category: 37:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	12:41	3:54	3	0:55	23	2:28	3.25	12:41	3:54	22		20	2:28	
Lap 2	3.25	13:37	4:11	3	0:43	19	2:25	6.50	26:18	4:02	22		20	4:53	
Last lap Finish	3.25	13:46	4:14	3	0:56	20	2:47	9.75	40:04	4:06	3	2:34	22	17:18	