



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Sthamer, Heiko

Club: DAV Suhl

Number: 298

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 40:47

Speed: 13.24 km/h

Running performance: 4:11 min/km

Rank in course/Total: 22 (of 150)

Rank in course/Men: 21 (of 128)

Best time in course: 32:24

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:01	4:00	5	1:15	26	2:48	3.25	13:01	4:00	21			21	2:48
Lap 2	3.25	13:49	4:15	4	0:55	21	2:37	6.50	26:50	4:07	21			21	5:25
Last lap Finish	3.25	13:57	4:17	4	1:07	23	2:58	9.75	40:47	4:10	4	3:17		23	18:01