



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Schmalz, Frank

Club: Alea Sanitas

Number: 231

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 40:57

Speed: 13.19 km/h

Running performance: 4:12 min/km

Rank in course/Total: 24 (of 150)

Rank in course/Men: 23 (of 128)

Best time in course: 32:24

Rank in category: 4(of 18)

Best time in the category: 37:31

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	12:38	3:53	4	0:56	21	2:25	3.25	12:38	3:53	16		23	2:25
Lap 2	3.25	13:54	4:16	4	1:11	22	2:42	6.50	26:32	4:04	16		23	5:07
Last lap Finish	3.25	14:25	4:26	4	1:58	30	3:26	9.75	40:57	4:12	4	3:26	25	18:11