



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Ritter, Stefan

Club: Gotha
Number: 210

Course: 9.75 km
10 km Lauf

Category:
Männer M20

Total time: 41:21

Speed: 14.15 km/h
Running performance: 4:14 min/km

Rank in course/Total: 25 (of 150)

Rank in course/Men: 24 (of 128)

Best time in course: 32:24

Rank in category: 8(of 16)

Best time in the category: 32:24

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	13:20	4:06	8	3:07	30	3:07	3.25	13:20	4:06	8	3:07	24	3:07	
Lap 2	3.25	14:19	4:24	8	3:07	29	3:07	6.50	27:39	4:15	8	6:14	24	6:14	
Last lap Finish	3.25	13:42	4:12	8	2:43	18	2:43	9.75	41:21	4:14	8	8:57	26	18:35	