



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Apelt, Robby

Club: TV Barchfeld

Number: 278

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 41:23

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 26 (of 150)

Rank in course/Men: 25 (of 128)

Best time in course: 32:24

Rank in category: 5(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	12:54	3:58	4	1:08	25	2:41	3.25	12:54	3:58	20			25	2:41
Lap 2	3.25	14:16	4:23	5	1:22	28	3:04	6.50	27:10	4:10	20			25	5:45
Last lap Finish	3.25	14:13	4:22	5	1:23	29	3:14	9.75	41:23	4:14	5	3:53		27	18:37