



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 |