



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Stauche, Ronny

Club: Ettenhausen a.d.Suhl

Number: 254

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 41:47

Speed: 12.92 km/h

Running performance: 4:17 min/km

Rank in course/Total: 29 (of 150)

Rank in course/Men: 28 (of 128)

Best time in course: 32:24

Rank in category: 4(of 24)

Best time in the category: 37:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.25	12:37	3:52	4	1:28	20	2:24	3.25	12:37	3:52	22		28	2:24
Lap 2	3.25	14:42	4:31	6	1:42	35	3:30	6.50	27:19	4:12	21		28	5:54
Last lap Finish	3.25	14:28	4:27	6	2:51	32	3:29	9.75	41:47	4:17	5	19:01	30	19:01