



## 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

### Detailed evaluation

#### Meyer, Steffen

Club: Rennsteiglaufverein/LG Süd  
Number: 266

Course: 9.75 km  
10 km Lauf

Category:  
Männer M40

Total time: 34:07

Speed: 15.83 km/h

Running performance: 3:30 min/km

Rank in course/Total: 3 (of 150)

Rank in course/Men: 3 (of 128)

Best time in course: 32:24

Rank in category: 1(of 15)

Best time in the category: 34:07

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	11:09	3:25	1	-	3	0:56	3.25	11:09	3:25	1	-	3	0:56	
Lap 2	3.25	11:34	3:33	1	-	3	0:22	6.50	22:43	3:29	1	-	3	1:18	
Last lap Finish	3.25	11:24	3:30	1	-	3	0:25	9.75	34:07	3:29	1	-	4	11:21	