



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: 17.15 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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