



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Alt, Michael

Club: TTV 06 Aulatal

Number: 236

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 42:19

Speed: 12.76 km/h

Running performance: 4:20 min/km

Rank in course/Total: 30 (of 150)

Rank in course/Men: 29 (of 128)

Best time in course: 32:24

Rank in category: 5(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:04	4:19	11	2:55	47	3:51	3.25	14:04	4:19	21			29	3:51
Lap 2	3.25	14:12	4:22	4	1:12	27	3:00	6.50	28:16	4:20	20			29	6:51
Last lap Finish	3.25	14:03	4:19	5	2:26	27	3:04	9.75	42:19	4:20	6	19:33		31	19:33