



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Eckhardt, Marcus

Club: Mühlhausen

Number: 217

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 42:24

Speed: 12.74 km/h

Running performance: 4:21 min/km

Rank in course/Total: 31 (of 150)

Rank in course/Men: 30 (of 128)

Best time in course: 32:24

Rank in category: 5(of 18)

Best time in the category: 37:31

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	13:40	4:12	5	1:58	35	3:27	3.25	13:40	4:12	15			30	3:27
Lap 2	3.25	14:11	4:21	5	1:28	25	2:59	6.50	27:51	4:17	15			30	6:26
Last lap Finish	3.25	14:33	4:28	5	2:06	33	3:34	9.75	42:24	4:20	5	4:53		32	19:38