



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Brose, Sascha

Club: USV Erfurt

Number: 202

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 42:56

Speed: 12.58 km/h

Running performance: 4:24 min/km

Rank in course/Total: 33 (of 150)

Rank in course/Men: 32 (of 128)

Best time in course: 32:24

Rank in category: 9(of 16)

Best time in the category: 32:24

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	14:18	4:24	13	4:05	50	4:05	3.25	14:18	4:24	9	4:05	32	4:05
Lap 2	3.25	14:41	4:31	10	3:29	34	3:29	6.50	28:59	4:27	9	7:34	32	7:34
Last lap Finish	3.25	13:57	4:17	9	2:58	23	2:58	9.75	42:56	4:24	9	10:32	34	20:10