



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Fasold, Frank

Club: WJ Stade

Number: 241

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 43:54

Speed: 12.30 km/h

Running performance: 4:30 min/km

Rank in course/Total: 39 (of 150)

Rank in course/Men: 38 (of 128)

Best time in course: 32:24

Rank in category: 7(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	13:47	4:14	8	2:38	38	3:34	3.25	13:47	4:14	19			38	3:34
Lap 2	3.25	15:01	4:37	7	2:01	40	3:49	6.50	28:48	4:25	18			38	7:23
Last lap Finish	3.25	15:06	4:38	9	3:29	44	4:07	9.75	43:54	4:30	8	21:08		40	21:08