



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Brümmel, André

Club: Bad Soden-Salmünster

Number: 203

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 44:26

Speed: 12.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 42 (of 150)

Rank in course/Men: 41 (of 128)

Best time in course: 32:24

Rank in category: 11(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	14:51	4:34	14	4:38	63	4:38	3.25	14:51	4:34	11	4:38	41	4:38
Lap 2	3.25	15:00	4:36	11	3:48	39	3:48	6.50	29:51	4:35	11	8:26	41	8:26
Last lap Finish	3.25	14:35	4:29	10	3:36	34	3:36	9.75	44:26	4:33	11	12:02	43	21:40