



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Bültge, Frank

Club: Stadtroda

Number: 240

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 44:36

Speed: 12.11 km/h

Running performance: 4:34 min/km

Rank in course/Total: 44 (of 150)

Rank in course/Men: 42 (of 128)

Best time in course: 32:24

Rank in category: 8(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	13:48	4:14	9	2:39	39	3:35	3.25	13:48	4:14	18			42	3:35
Lap 2	3.25	15:09	4:39	8	2:09	43	3:57	6.50	28:57	4:27	16			42	7:32
Last lap Finish	3.25	15:39	4:48	11	4:02	54	4:40	9.75	44:36	4:34	9	21:50		44	21:50