



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hansen, Torben

Club: Bjert

Number: 244

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 44:44

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 46 (of 150)

Rank in course/Men: 44 (of 128)

Best time in course: 32:24

Rank in category: 9(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	13:23	4:07	6	2:14	31	3:10	3.25	13:23	4:07	17			44	3:10
Lap 2	3.25	15:34	4:47	11	2:34	52	4:22	6.50	28:57	4:27	16			42	7:32
Last lap Finish	3.25	15:47	4:51	12	4:10	58	4:48	9.75	44:44	4:35	10	21:58		46	21:58