



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Fasold, Thomas

Club: Hotel Fasold

Number: 218

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 44:59

Speed: 13.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 50 (of 150)

Rank in course/Men: 48 (of 128)

Best time in course: 32:24

Rank in category: 6(of 18)

Best time in the category: 37:31

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	13:53	4:16	6	2:11	41	3:40	3.25	13:53	4:16	14			48	3:40
Lap 2	3.25	15:30	4:46	7	2:47	50	4:18	6.50	29:23	4:31	14			48	7:58
Last lap Finish	3.25	15:36	4:47	9	3:09	52	4:37	9.75	44:59	4:36	6	7:28		50	22:13