



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Hahn, Daniel

Club: Heilbad Heiligenstadt

Number: 221

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 45:56

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 55 (of 150)

Rank in course/Men: 53 (of 128)

Best time in course: 32:24

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:51	4:34	9	3:09	63	4:38	3.25	14:51	4:34	12		41	4:38
Lap 2	3.25	15:31	4:46	8	2:48	51	4:19	6.50	30:22	4:40	12		53	8:57
Last lap Finish	3.25	15:34	4:47	8	3:07	51	4:35	9.75	45:56	4:42	8	8:25	55	23:10