



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Bohlender, Alexander

Club: TTV 06 Aulatal

Number: 259

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 46:17

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 57 (of 150)

Rank in course/Men: 55 (of 128)

Best time in course: 32:24

Rank in category: 5(of 15)

Best time in the category: 34:07

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	14:18	4:24	3	3:09	50	4:05	3.25	14:18	4:24	5	3:09	32	4:05
Lap 2	3.25	15:51	4:52	5	4:17	56	4:39	6.50	30:09	4:38	5	7:26	55	8:44
Last lap Finish	3.25	16:08	4:57	6	4:44	63	5:09	9.75	46:17	4:44	6	12:10	57	23:31