



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Wedel, Matthias

Club: N3 Sportverein e.V.

Number: 234

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 46:21

Speed: 11.65 km/h

Running performance: 4:45 min/km

Rank in course/Total: 58 (of 150)

Rank in course/Men: 56 (of 128)

Best time in course: 32:24

Rank in category: 9(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	14:07	4:20	7	2:25	48	3:54	3.25	14:07	4:20	11			56	3:54
Lap 2	3.25	15:57	4:54	10	3:14	59	4:45	6.50	30:04	4:37	11			56	8:39
Last lap Finish	3.25	16:17	5:00	12	3:50	65	5:18	9.75	46:21	4:45	9	8:50		58	23:35