



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 |