



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Heiderich, Sebastian

Club: Triathlon Barchfeld

Number: 138

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 46:23

Speed: 11.64 km/h

Running performance: 4:46 min/km

Rank in course/Total: 59 (of 150)

Rank in course/Men: 57 (of 128)

Best time in course: 32:24

Rank in category: 10(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	15:21	4:43	14	3:39	79	5:08	3.25	15:21	4:43	1	-	57	5:08
Lap 2	3.25	15:35	4:47	9	2:52	53	4:23	6.50	30:56	4:45	1	-	57	9:31
Last lap Finish	3.25	15:27	4:45	7	3:00	47	4:28	9.75	46:23	4:45	10	8:52	59	23:37