



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Franke, Matthias

Club: RLV / LG Süd

Number: 207

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 37:25

Speed: 14.43 km/h

Running performance: 3:50 min/km

Rank in course/Total: 6 (of 150)

Rank in course/Men: 6 (of 128)

Best time in course: 32:24

Rank in category: 4(of 16)

Best time in the category: 32:24

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	11:31	3:32	3	1:18	5	1:18	3.25	11:31	3:32	4	1:18	6	1:18
Lap 2	3.25	12:49	3:56	4	1:37	7	1:37	6.50	24:20	3:44	3	2:55	4	2:55
Last lap Finish	3.25	13:05	4:01	5	2:06	12	2:06	9.75	37:25	3:50	4	5:01	7	14:39