



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rinke, Andreas

Club: SV Krayenburg

Number: 209

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 46:43

Speed: 11.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 62 (of 150)

Rank in course/Men: 59 (of 128)

Best time in course: 32:24

Rank in category: 13(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	13:45	4:13	11	3:32	37	3:32	3.25	13:45	4:13	13	3:32	59	3:32
Lap 2	3.25	17:15	5:18	14	6:03	85	6:03	6.50	31:00	4:46	13	9:35	59	9:35
Last lap Finish	3.25	15:43	4:50	13	4:44	55	4:44	9.75	46:43	4:47	13	14:19	61	23:57