



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rene, Christensen

Club: Lunderskov og Omegn Ekstremsport

Number: 228

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 46:47

Speed: 11.54 km/h

Running performance: 4:48 min/km

Rank in course/Total: 63 (of 150)

Rank in course/Men: 60 (of 128)

Best time in course: 32:24

Rank in category: 11(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.25	14:55	4:35	11	3:13	66	4:42	3.25	14:55	4:35	9		60	4:42
Lap 2	3.25	16:06	4:57	11	3:23	62	4:54	6.50	31:01	4:46	9	0:05	60	9:36
Last lap Finish	3.25	15:46	4:51	10	3:19	57	4:47	9.75	46:47	4:47	11	9:16	62	24:01