



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Freimuth, Christian

Club: LG naked woodrunners

Number: 219

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 47:35

Speed: 11.35 km/h

Running performance: 4:53 min/km

Rank in course/Total: 66 (of 150)

Rank in course/Men: 62 (of 128)

Best time in course: 32:24

Rank in category: 12(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	15:20	4:43	13	3:38	77	5:07	3.25	15:20	4:43	8		62	5:07
Lap 2	3.25	16:25	5:03	12	3:42	64	5:13	6.50	31:45	4:53	8	0:49	62	10:20
Last lap Finish	3.25	15:50	4:52	11	3:23	59	4:51	9.75	47:35	4:52	12	10:04	64	24:49