



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Koch, Nicolas

Club: Kölliken

Number: 263

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 47:42

Speed: 11.32 km/h

Running performance: 4:53 min/km

Rank in course/Total: 67 (of 150)

Rank in course/Men: 63 (of 128)

Best time in course: 32:24

Rank in category: 6(of 15)

Best time in the category: 34:07

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	15:19	4:42	9	4:10	76	5:06	3.25	15:19	4:42	6	4:10	63	5:06
Lap 2	3.25	16:31	5:04	7	4:57	69	5:19	6.50	31:50	4:53	6	9:07	63	10:25
Last lap Finish	3.25	15:52	4:52	5	4:28	60	4:53	9.75	47:42	4:53	7	13:35	65	24:56