



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Thomas, Christian

Club: SV Cursdorf-Meuselbach

Number: 213

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 47:59

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 71 (of 150)

Rank in course/Men: 67 (of 128)

Best time in course: 32:24

Rank in category: 14(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	13:53	4:16	12	3:40	41	3:40	3.25	13:53	4:16	14	3:40	48	3:40
Lap 2	3.25	15:59	4:55	13	4:47	60	4:47	6.50	29:52	4:35	14	8:27	67	8:27
Last lap Finish	3.25	18:07	5:34	15	7:08	98	7:08	9.75	47:59	4:55	14	15:35	69	25:13