



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Schröder, Olaf**

Club: Schenefeld

Number: 271

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 48:08

Speed: 11.22 km/h

Running performance: 4:56 min/km

Rank in course/Total: 72 (of 150)

Rank in course/Men: 68 (of 128)

Best time in course: 32:24

Rank in category: 8(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	14:40	4:30	6	3:31	58	4:27	3.25	14:40	4:30	8	3:31	68	4:27
Lap 2	3.25	17:03	5:14	8	5:29	80	5:51	6.50	31:43	4:52	8	9:00	68	10:18
Last lap Finish	3.25	16:25	5:03	7	5:01	69	5:26	9.75	48:08	4:56	9	14:01	70	25:22