



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Norgaard, Anders

Total time: 48:34

Club: Lunderskov & Omegn Ekstremsport - Seest Frøstied: 11.12 km/h
Number: 227 Running performance: 4:59 min/km

Course: 9.75 km
10 km Lauf

Rank in course/Total: 79 (of 150)

Rank in course/Men: 75 (of 128)

Best time in course: 32:24

Category:

Rank in category: 13(of 18)

Männer M30

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	14:46	4:32	8	3:04	62	4:33	3.25	14:46	4:32	7		75	4:33
Lap 2	3.25	16:37	5:06	13	3:54	73	5:25	6.50	31:23	4:49	7	0:27	75	9:58
Last lap Finish	3.25	17:11	5:17	15	4:44	87	6:12	9.75	48:34	4:58	13	11:03	77	25:48