



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Malzahn, Kai

Club: Team Erdinger Alkoholfrei

Number: 225

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 37:31

Speed: 14.39 km/h

Running performance: 3:51 min/km

Rank in course/Total: 8 (of 150)

Rank in course/Men: 8 (of 128)

Best time in course: 32:24

Rank in category: 1(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	12:21	3:47	3	0:39	18	2:08	3.25	12:21	3:47	10		8	2:08
Lap 2	3.25	12:43	3:54	1	-	5	1:31	6.50	25:04	3:51	10		8	3:39
Last lap Finish	3.25	12:27	3:49	1	-	7	1:28	9.75	37:31	3:50	1	-	9	14:45