



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rasmussen, Ole Steen

Club: Kolding

Number: 295

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 49:31

Speed: 10.91 km/h

Running performance: 5:05 min/km

Rank in course/Total: 84 (of 150)

Rank in course/Men: 80 (of 128)

Best time in course: 32:24

Rank in category: 15(of 23)

Best time in the category: 37:30

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	15:21	4:43	13	3:35	79	5:08	3.25	15:21	4:43	10	0:37	57	5:08
Lap 2	3.25	17:05	5:15	16	4:11	81	5:53	6.50	32:26	4:59	10	0:40	80	11:01
Last lap Finish	3.25	17:05	5:15	15	4:15	84	6:06	9.75	49:31	5:04	15	12:01	82	26:45