



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Steenblock, Uwe

Club: Bochum

Number: 255

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 50:06

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 86 (of 150)

Rank in course/Men: 82 (of 128)

Best time in course: 32:24

Rank in category: 14(of 24)

Best time in the category: 37:58

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	15:56	4:54	15	4:47	85	5:43	3.25	15:56	4:54	12	0:36	82	5:43
Lap 2	3.25	17:05	5:15	14	4:05	81	5:53	6.50	33:01	5:04	11	2:19	82	11:36
Last lap Finish	3.25	17:05	5:15	15	5:28	84	6:06	9.75	50:06	5:08	15	27:20	85	27:20