



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rohleder, Alexander

Club: Haunetal

Number: 269

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 50:55

Speed: 10.61 km/h

Running performance: 5:13 min/km

Rank in course/Total: 91 (of 150)

Rank in course/Men: 87 (of 128)

Best time in course: 32:24

Rank in category: 9(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	16:36	5:06	11	5:27	99	6:23	3.25	16:36	5:06	9	5:27	87	6:23
Lap 2	3.25	17:26	5:21	9	5:52	87	6:14	6.50	34:02	5:14	9	11:19	87	12:37
Last lap Finish	3.25	16:53	5:11	9	5:29	79	5:54	9.75	50:55	5:13	10	16:48	90	28:09