



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Fröba, Markus

Club: Team Icehouse

Number: 242

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 51:18

Speed: 10.53 km/h

Running performance: 5:16 min/km

Rank in course/Total: 93 (of 150)

Rank in course/Men: 88 (of 128)

Best time in course: 32:24

Rank in category: 17(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	16:31	5:04	17	5:22	98	6:18	3.25	16:31	5:04	9	1:11	88	6:18
Lap 2	3.25	17:34	5:24	18	4:34	89	6:22	6.50	34:05	5:14	8	3:23	88	12:40
Last lap Finish	3.25	17:13	5:17	16	5:36	88	6:14	9.75	51:18	5:15	18	28:32	91	28:32