



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Kirchner, Henning

Club: RTV Haselgrund e.V.

Number: 223

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 51:22

Speed: 10.51 km/h

Running performance: 5:16 min/km

Rank in course/Total: 94 (of 150)

Rank in course/Men: 89 (of 128)

Best time in course: 32:24

Rank in category: 14(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	16:54	5:11	17	5:12	107	6:41	3.25	16:54	5:11	6	1:33	89	6:41
Lap 2	3.25	17:38	5:25	15	4:55	90	6:26	6.50	34:32	5:18	6	3:36	89	13:07
Last lap Finish	3.25	16:50	5:10	14	4:23	77	5:51	9.75	51:22	5:16	15	13:51	92	28:36