



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Tonn, Frieder

Club: Vacha
Number: 272

Course: 9.75 km
10 km Lauf

Category:
Männer M40

Total time: 51:39

Speed: 10.45 km/h
Running performance: 5:18 min/km

Rank in course/Total: 97 (of 150)

Rank in course/Men: 91 (of 128)

Best time in course: 32:24

Rank in category: 10(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	15:02	4:37	8	3:53	69	4:49	3.25	15:02	4:37	10	3:53	91	4:49
Lap 2	3.25	18:02	5:32	11	6:28	100	6:50	6.50	33:04	5:05	10	10:21	91	11:39
Last lap Finish	3.25	18:35	5:43	12	7:11	104	7:36	9.75	51:39	5:17	11	17:32	94	28:53