



## 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

### Detailed evaluation

**Vogel, Maik**

Club: Velpfer SV

Number: 273

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 51:52

Speed: 10.41 km/h

Running performance: 5:19 min/km

Rank in course/Total: 99 (of 150)

Rank in course/Men: 93 (of 128)

Best time in course: 32:24

Rank in category: 11(of 15)

Best time in the category: 34:07

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total  |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|--------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  | min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 3.25        | 17:18         | 5:19            | 13          | 6:09           | 110         | 7:05          | 3.25  | 17:18 | 5:19   | 11          | 6:09           | 93         | 7:05          |  |
| Lap 2           | 3.25        | 17:42         | 5:26            | 10          | 6:08           | 92          | 6:30          | 6.50  | 35:00 | 5:23   | 11          | 12:17          | 93         | 13:35         |  |
| Last lap Finish | 3.25        | 16:52         | 5:11            | 8           | 5:28           | 78          | 5:53          | 9.75  | 51:52 | 5:19   | 12          | 17:45          | 96         | 29:06         |  |