



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Fasold, Frank**

Club: WJ Stade

Number: 383

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 51:57

Speed: 10.39 km/h

Running performance: 5:20 min/km

Rank in course/Total: 116 (of 224)

Rank in course/Men: 101 (of 166)

Best time in course: 33:28

Rank in category: 9(of 20)

Best time in the category: 41:07

### 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	17:20	5:19	10	3:18	116	6:12	3.25	17:20	5:19	13			99	6:12
Lap 2	3.25	16:57	5:12	6	3:10	87	5:39	6.50	34:17	5:16	13			99	11:51
Last lap Finish	3.25	17:40	5:26	11	4:25	103	6:38	9.75	51:57	5:19	9	10:50		101	18:29