



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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 |