



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Nickel, Frank

Club: Saalfeld

Number: 429

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 52:18

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 120 (of 224)

Rank in course/Men: 103 (of 166)

Best time in course: 33:28

Rank in category: 24(of 38)

Best time in the category: 38:56

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	15:54	4:53	17	3:17	80	4:46	3.25	15:54	4:53	4			101	4:46
Lap 2	3.25	17:39	5:25	24	4:36	103	6:21	6.50	33:33	5:09	4			101	11:07
Last lap Finish	3.25	18:45	5:46	28	5:44	133	7:43	9.75	52:18	5:21	24	13:22		103	18:50