



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Bernotat, Björn

Club: Garbsen

Number: 361

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 52:30

Speed: 10.29 km/h

Running performance: 5:23 min/km

Rank in course/Total: 121 (of 224)

Rank in course/Men: 104 (of 166)

Best time in course: 33:28

Rank in category: 16(of 26)

Best time in the category: 33:28

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	17:38	5:25	21	6:30	120	6:30	3.25	17:38	5:25	12	0:53	102	6:30
Lap 2	3.25	17:36	5:24	17	6:18	102	6:18	6.50	35:14	5:25	12	1:24	102	12:48
Last lap Finish	3.25	17:16	5:18	14	6:14	96	6:14	9.75	52:30	5:23	16	19:02	104	19:02