



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hellenkamp, Norbert

Club: Mainz
Number: 441

Course: 9.75 km
10 km Lauf

Category:
Männer M55

Total time: 52:42

Speed: 11.10 km/h
Running performance: 5:25 min/km

Rank in course/Total: 123 (of 224)

Rank in course/Men: 106 (of 166)

Best time in course: 33:28

Rank in category: 4(of 8)

Best time in the category: 40:43

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	16:34	5:05	4	3:28	98	5:26	3.25	16:34	5:05	4	3:28	103	5:26
Lap 2	3.25	17:48	5:28	4	4:00	105	6:30	6.50	34:22	5:17	4	7:28	103	11:56
Last lap Finish	3.25	18:20	5:38	4	4:31	120	7:18	9.75	52:42	5:24	4	11:59	106	19:14