



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Gnauck, Jan

Club: TSV Utendorf

Number: 310

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 53:30

Speed: 10.09 km/h

Running performance: 5:29 min/km

Rank in course/Total: 137 (of 224)

Rank in course/Men: 117 (of 166)

Best time in course: 33:28

Rank in category: 12(of 15)

Best time in the category: 36:49

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	15:47	4:51	10	4:13	72	4:39	3.25	15:47	4:51	9	4:13	61	4:39
Lap 2	3.25	18:23	5:39	12	5:46	121	7:05	6.50	34:10	5:15	12	9:59	114	11:44
Last lap Finish	3.25	19:20	5:56	13	6:42	141	8:18	9.75	53:30	5:29	12	16:41	117	20:02