



## 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

### Detailed evaluation

Lambeck, Robert

Club: BSG EDEKA Minden-Hannover e.V.

Number: 326

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 54:55

Speed: 9.83 km/h

Running performance: 5:38 min/km

Rank in course/Total: 148 (of 224)

Rank in course/Men: 123 (of 166)

Best time in course: 33:28

Rank in category: 18(of 19)

Best time in the category: 37:04

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:10	5:16	16	5:09	111	6:02	3.25	17:10	5:16	3	2:44	120	6:02	
Lap 2	3.25	19:42	6:03	19	7:12	147	8:24	6.50	36:52	5:40	3	6:45	120	14:26	
Last lap Finish	3.25	18:03	5:33	18	5:30	115	7:01	9.75	54:55	5:37	18	17:51	123	21:27	