



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse
Number: 398

Course: 9.75 km
10 km Lauf

Category:
Männer M45

Total time: 55:16

Speed: 9.77 km/h
Running performance: 5:40 min/km

Rank in course/Total: 152 (of 224)

Rank in course/Men: 127 (of 166)

Best time in course: 33:28

Rank in category: 27(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:32	5:23	25	4:55	118	6:24	3.25	17:32	5:23	7		125	6:24
Lap 2	3.25	18:59	5:50	29	5:56	136	7:41	6.50	36:31	5:37	7		125	14:05
Last lap Finish	3.25	18:45	5:46	28	5:44	133	7:43	9.75	55:16	5:40	27	16:20	127	21:48