



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hanf, Joerg

Club: Suhl

Number: 426

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 55:29

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 153 (of 224)

Rank in course/Men: 128 (of 166)

Best time in course: 33:28

Rank in category: 28(of 38)

Best time in the category: 38:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:57	5:49	32	6:20	139	7:49	3.25	18:57	5:49	8	1:12	126	7:49
Lap 2	3.25	18:43	5:45	27	5:40	129	7:25	6.50	37:40	5:47	8	0:24	126	15:14
Last lap Finish	3.25	17:49	5:28	24	4:48	107	6:47	9.75	55:29	5:41	28	16:33	128	22:01