



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Heller, Henry

Club: EG Suhl 48

Number: 543

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 55:29

Speed: 9.73 km/h

Running performance: 5:41 min/km

Rank in course/Total: 154 (of 224)

Rank in course/Men: 128 (of 166)

Best time in course: 33:28

Rank in category: 16(of 21)

Best time in the category: 39:26

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	18:58	5:50	19	6:16	140	7:50	3.25	18:58	5:50	7	1:44	127	7:50
Lap 2	3.25	18:42	5:45	17	5:18	128	7:24	6.50	37:40	5:47	7	3:11	126	15:14
Last lap Finish	3.25	17:49	5:28	12	4:29	107	6:47	9.75	55:29	5:41	16	16:03	128	22:01