



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Heiderich, Ronald

Club: Bosch Eisenach

Number: 540

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 55:39

Speed: 9.70 km/h

Running performance: 5:43 min/km

Rank in course/Total: 156 (of 224)

Rank in course/Men: 131 (of 166)

Best time in course: 33:28

Rank in category: 29(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:09	5:35	28	5:32	125	7:01	3.25	18:09	5:35	9	0:24	129	7:01
Lap 2	3.25	18:53	5:48	28	5:50	134	7:35	6.50	37:02	5:41	9		129	14:36
Last lap Finish	3.25	18:37	5:43	27	5:36	131	7:35	9.75	55:39	5:42	29	16:43	131	22:11