



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Holtkamp, Christian

Club: TV Eiche Bad Honnef

Number: 380

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 55:58

Speed: 9.65 km/h

Running performance: 5:44 min/km

Rank in course/Total: 159 (of 224)

Rank in course/Men: 134 (of 166)

Best time in course: 33:28

Rank in category: 14(of 20)

Best time in the category: 41:07

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	17:13	5:17	9	3:11	113	6:05	3.25	17:13	5:17	8			132	6:05
Lap 2	3.25	19:16	5:55	14	5:29	138	7:58	6.50	36:29	5:36	8			132	14:03
Last lap Finish	3.25	19:29	5:59	15	6:14	144	8:27	9.75	55:58	5:44	14	14:51		134	22:30