



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Soltau, Guido

Club: Bosch Hildesheim

Number: 345

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 56:14

Speed: 9.60 km/h

Running performance: 5:46 min/km

Rank in course/Total: 162 (of 224)

Rank in course/Men: 136 (of 166)

Best time in course: 33:28

Rank in category: 24(of 26)

Best time in the category: 33:28

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Pos Cat. | Behind Cat. | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-------------|----------------|---------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | min/km | Pos Men | Behind Men |
| Lap 1 | 3.25 | 19:09 | 5:53 | 24 | 8:01 | 145 | 8:01 | 3.25 | 19:09 | 5:53 | 3 | 2:24 | 133 | 8:01 |
| Lap 2 | 3.25 | 18:38 | 5:44 | 23 | 7:20 | 125 | 7:20 | 6.50 | 37:47 | 5:48 | 4 | 3:57 | 133 | 15:21 |
| Last lap Finish | 3.25 | 18:27 | 5:40 | 24 | 7:25 | 125 | 7:25 | 9.75 | 56:14 | 5:46 | 24 | 22:46 | 136 | 22:46 |