



# 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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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