



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pannhorst, Hans

Club: BSG Bosch

Number: 435

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 56:14

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 163 (of 224)

Rank in course/Men: 136 (of 166)

Best time in course: 33:28

Rank in category: 5(of 8)

Best time in the category: 40:43

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	19:08	5:53	5	6:02	142	8:00	3.25	19:08	5:53	5	6:02	135	8:00
Lap 2	3.25	18:39	5:44	5	4:51	127	7:21	6.50	37:47	5:48	5	10:53	133	15:21
Last lap Finish	3.25	18:27	5:40	5	4:38	125	7:25	9.75	56:14	5:46	5	15:31	136	22:46