



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Schramm, Gerhard

Club: Wiesbaden

Number: 536

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 56:17

Speed: 9.59 km/h

Running performance: 5:46 min/km

Rank in course/Total: 164 (of 224)

Rank in course/Men: 138 (of 166)

Best time in course: 33:28

Rank in category: 18(of 21)

Best time in the category: 39:26

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	18:41	5:44	18	5:59	134	7:33	3.25	18:41	5:44	5	1:27	136	7:33
Lap 2	3.25	18:52	5:48	18	5:28	133	7:34	6.50	37:33	5:46	5	3:04	136	15:07
Last lap Finish	3.25	18:44	5:45	16	5:24	132	7:42	9.75	56:17	5:46	18	16:51	138	22:49