



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Knobloch, Frank

Club: sportics.net

Number: 375

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 56:30

Speed: 9.56 km/h

Running performance: 5:47 min/km

Rank in course/Total: 166 (of 224)

Rank in course/Men: 139 (of 166)

Best time in course: 33:28

Rank in category: 15(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	19:09	5:53	15	5:07	145	8:01	3.25	19:09	5:53	7	0:27	133	8:01
Lap 2	3.25	19:26	5:58	15	5:39	142	8:08	6.50	38:35	5:56	7	2:01	137	16:09
Last lap Finish	3.25	17:55	5:30	12	4:40	112	6:53	9.75	56:30	5:47	15	15:23	139	23:02