



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Zell, Stefan

Club: Wiesbaden

Number: 434

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 56:37

Speed: 9.54 km/h

Running performance: 5:49 min/km

Rank in course/Total: 170 (of 224)

Rank in course/Men: 142 (of 166)

Best time in course: 33:28

Rank in category: 30(of 38)

Best time in the category: 38:56

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	18:24	5:39	30	5:47	130	7:16	3.25	18:24	5:39	10	0:39	140	7:16
Lap 2	3.25	19:11	5:54	30	6:08	137	7:53	6.50	37:35	5:46	10	0:19	140	15:09
Last lap Finish	3.25	19:02	5:51	30	6:01	136	8:00	9.75	56:37	5:48	30	17:41	142	23:09