



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Jäger, Rune

Club: Emmerthal

Number: 364

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 57:53

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 180 (of 224)

Rank in course/Men: 146 (of 166)

Best time in course: 33:28

Rank in category: 26(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:55	5:49	23	7:47	138	7:47	3.25	18:55	5:49	2	2:10	144	7:47
Lap 2	3.25	19:22	5:57	25	8:04	141	8:04	6.50	38:17	5:53	2	4:27	144	15:51
Last lap Finish	3.25	19:36	6:01	26	8:34	147	8:34	9.75	57:53	5:56	26	24:25	146	24:25