



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Grün, Jörg

Club: SC Steinberg

Number: 547

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 42:17

Speed: 12.77 km/h

Running performance: 4:20 min/km

Rank in course/Total: 20 (of 224)

Rank in course/Men: 20 (of 166)

Best time in course: 33:28

Rank in category: 5(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	13:36	4:11	6	0:59	19	2:28	3.25	13:36	4:11	24		20	2:28
Lap 2	3.25	14:08	4:20	5	1:05	20	2:50	6.50	27:44	4:15	24		20	5:18
Last lap Finish	3.25	14:33	4:28	6	1:32	26	3:31	9.75	42:17	4:20	5	3:21	20	8:49