



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

dieckmann, jürgen

Club: magdeburg

Number: 421

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 1:04:58

Speed: 8.31 km/h

Running performance: 6:40 min/km

Rank in course/Total: 205 (of 224)

Rank in course/Men: 157 (of 166)

Best time in course: 33:28

Rank in category: 36(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	20:03	6:10	35	7:26	156	8:55	3.25	20:03	6:10	16	2:18	155	8:55
Lap 2	3.25	21:24	6:35	33	8:21	151	10:06	6.50	41:27	6:22	16	4:11	155	19:01
Last lap Finish	3.25	23:31	7:14	36	10:30	161	12:29	9.75	1:04:58	6:39	36	26:02	157	31:30