



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hölzel, Siegfried

Club: Dynamixx Mörfelden

Number: 450

Course: 9.75 km

10 km Lauf

Category:

Männer M70

Total time: 1:12:15

Speed: 7.47 km/h

Running performance: 7:25 min/km

Rank in course/Total: 219 (of 224)

Rank in course/Men: 166 (of 166)

Best time in course: 33:28

Rank in category: 2(of 2)

Best time in the category: 44:56

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	25:45	7:55	2	11:33	166	14:37	3.25	25:45	7:55	2	11:33	164	14:37
Lap 2	3.25	23:46	7:18	2	8:47	165	12:28	6.50	49:31	7:37	2	20:20	164	27:05
Last lap Finish	3.25	22:44	6:59	2	6:59	158	11:42	9.75	1:12:15	7:24	2	27:19	166	38:47