



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Altmann, Thomas

Club: SV 06 Oetinghausen

Number: 405

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 42:41

Speed: 12.65 km/h

Running performance: 4:23 min/km

Rank in course/Total: 24 (of 224)

Rank in course/Men: 24 (of 166)

Best time in course: 33:28

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:55	4:16	8	1:18	21	2:47	3.25	13:55	4:16	25		24	2:47
Lap 2	3.25	14:36	4:29	6	1:33	24	3:18	6.50	28:31	4:23	25		24	6:05
Last lap Finish	3.25	14:10	4:21	5	1:09	23	3:08	9.75	42:41	4:22	6	3:45	24	9:13