



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

schmidt, frank

Club: RSV neustadt - orla

Number: 403

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 42:57

Speed: 12.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 25 (of 224)

Rank in course/Men: 25 (of 166)

Best time in course: 33:28

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	13:42	4:12	7	1:05	20	2:34	3.25	13:42	4:12	26		25	2:34
Lap 2	3.25	14:39	4:30	7	1:36	25	3:21	6.50	28:21	4:21	26		25	5:55
Last lap Finish	3.25	14:36	4:29	7	1:35	28	3:34	9.75	42:57	4:24	7	4:01	25	9:29