



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt

Number: 407

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 45:30

Speed: 11.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 39 (of 224)

Rank in course/Men: 37 (of 166)

Best time in course: 33:28

Rank in category: 9(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	14:29	4:27	9	1:52	37	3:21	3.25	14:29	4:27	28		32	3:21
Lap 2	3.25	15:38	4:48	10	2:35	43	4:20	6.50	30:07	4:38	28		37	7:41
Last lap Finish	3.25	15:23	4:44	10	2:22	39	4:21	9.75	45:30	4:40	9	6:34	37	12:02