



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Dreßel, Kay

Club: 3./LogBtl 131

Number: 325

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 45:34

Speed: 11.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 40 (of 224)

Rank in course/Men: 38 (of 166)

Best time in course: 33:28

Rank in category: 9(of 19)

Best time in the category: 37:04

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	14:45	4:32	10	2:44	42	3:37	3.25	14:45	4:32	12	0:19	38	3:37
Lap 2	3.25	15:11	4:40	10	2:41	37	3:53	6.50	29:56	4:36	12		36	7:30
Last lap Finish	3.25	15:38	4:48	10	3:05	46	4:36	9.75	45:34	4:40	9	8:30	38	12:06