



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Sthamer, Heiko

Club: Alpenverein Suhl

Number: 394

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 46:15

Speed: 11.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 44 (of 224)

Rank in course/Men: 42 (of 166)

Best time in course: 33:28

Rank in category: 10(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	15:41	4:49	15	3:04	71	4:33	3.25	15:41	4:49	29			42	4:33
Lap 2	3.25	15:22	4:43	9	2:19	38	4:04	6.50	31:03	4:46	29			42	8:37
Last lap Finish	3.25	15:12	4:40	9	2:11	36	4:10	9.75	46:15	4:44	10	7:19		42	12:47