



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Jargon, Thomas

Club: TV 03 Breitenbach

Number: 417

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 46:21

Speed: 11.65 km/h

Running performance: 4:45 min/km

Rank in course/Total: 46 (of 224)

Rank in course/Men: 44 (of 166)

Best time in course: 33:28

Rank in category: 11(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:05	4:38	12	2:28	51	3:57	3.25	15:05	4:38	20		44	3:57	
Lap 2	3.25	15:38	4:48	10	2:35	43	4:20	6.50	30:43	4:43	20		44	8:17	
Last lap Finish	3.25	15:38	4:48	12	2:37	46	4:36	9.75	46:21	4:45	11	7:25	44	12:53	