



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Sting, Sebastian

Club: RSV Daadetal

Number: 332

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 38:38

Speed: 13.98 km/h

Running performance: 3:58 min/km

Rank in course/Total: 5 (of 224)

Rank in course/Men: 5 (of 166)

Best time in course: 33:28

Rank in category: 2(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	12:01	3:41	1	-	4	0:53	3.25	12:01	3:41	11		4	0:53
Lap 2	3.25	13:20	4:06	2	0:50	8	2:02	6.50	25:21	3:54	19		5	2:55
Last lap Finish	3.25	13:17	4:05	3	0:44	11	2:15	9.75	38:38	3:57	2	1:34	5	5:10