



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pechholz, Frank

Club: Wasserfreunde

Number: 546

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 46:51

Speed: 11.53 km/h

Running performance: 4:49 min/km

Rank in course/Total: 51 (of 224)

Rank in course/Men: 49 (of 166)

Best time in course: 33:28

Rank in category: 2(of 8)

Best time in the category: 40:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	14:58	4:36	2	1:52	47	3:50	3.25	14:58	4:36	2	1:52	48	3:50
Lap 2	3.25	16:04	4:56	2	2:16	56	4:46	6.50	31:02	4:46	2	4:08	48	8:36
Last lap Finish	3.25	15:49	4:51	2	2:00	58	4:47	9.75	46:51	4:48	2	6:08	49	13:23