



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Malzahn, Helger

Club: RTV-Haselgrund/Team Erdinger

Number: 334

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 47:06

Speed: 11.46 km/h

Running performance: 4:50 min/km

Rank in course/Total: 56 (of 224)

Rank in course/Men: 52 (of 166)

Best time in course: 33:28

Rank in category: 12(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	15:03	4:37	11	3:02	50	3:55	3.25	15:03	4:37	9	0:37	52	3:55
Lap 2	3.25	16:12	4:59	14	3:42	66	4:54	6.50	31:15	4:48	9	1:08	52	8:49
Last lap Finish	3.25	15:51	4:52	11	3:18	60	4:49	9.75	47:06	4:49	12	10:02	52	13:38