



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Henselmann, Frank

Club: TuS Eintracht Bielefeld

Number: 416

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 38:56

Speed: 15.03 km/h

Running performance: 3:59 min/km

Rank in course/Total: 6 (of 224)

Rank in course/Men: 6 (of 166)

Best time in course: 33:28

Rank in category: 1(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	12:46	3:55	2	0:09	10	1:38	3.25	12:46	3:55	30		6	1:38
Lap 2	3.25	13:03	4:00	1	-	5	1:45	6.50	25:49	3:58	30		6	3:23
Last lap Finish	3.25	13:07	4:02	2	0:06	7	2:05	9.75	38:56	3:59	1	-	6	5:28