



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Siegmond, Roland**

Club: TV Igstadt

Number: 418

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:05

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 74 (of 224)

Rank in course/Men: 69 (of 166)

Best time in course: 33:28

Rank in category: 16(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:06	4:57	19	3:29	89	4:58	3.25	16:06	4:57	34		66	4:58
Lap 2	3.25	16:19	5:01	17	3:16	70	5:01	6.50	32:25	4:59	34		69	9:59
Last lap Finish	3.25	15:40	4:49	13	2:39	50	4:38	9.75	48:05	4:55	16	9:09	69	14:37