



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

staab, oliver

Club: aschaffenburg

Number: 433

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:03

Speed: 11.24 km/h

Running performance: 4:56 min/km

Rank in course/Total: 72 (of 224)

Rank in course/Men: 68 (of 166)

Best time in course: 33:28

Rank in category: 15(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 | | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | | | Pos Cat. | Behind Cat. | | |
| Lap 1 | 3.25 | 15:26 | 4:44 | 14 | 2:49 | 61 | 4:18 | 3.25 | 15:26 | 4:44 | 35 | | | 71 | 4:18 |
| Lap 2 | 3.25 | 16:17 | 5:00 | 16 | 3:14 | 67 | 4:59 | 6.50 | 31:43 | 4:52 | 35 | | | 71 | 9:17 |
| Last lap Finish | 3.25 | 16:20 | 5:01 | 18 | 3:19 | 75 | 5:18 | 9.75 | 48:03 | 4:55 | 15 | 9:07 | | 68 | 14:35 |