



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 400

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:26

Speed: 11.15 km/h

Running performance: 4:58 min/km

Rank in course/Total: 77 (of 224)

Rank in course/Men: 72 (of 166)

Best time in course: 33:28

Rank in category: 17(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	14:48	4:33	10	2:11	44	3:40	3.25	14:48	4:33	36			72	3:40
Lap 2	3.25	16:41	5:08	19	3:38	81	5:23	6.50	31:29	4:50	36			72	9:03
Last lap Finish	3.25	16:57	5:12	21	3:56	90	5:55	9.75	48:26	4:58	17	9:30		72	14:58