



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Schran, Holger

Club: Wölferbütt

Number: 431

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:32

Speed: 11.13 km/h

Running performance: 4:59 min/km

Rank in course/Total: 78 (of 224)

Rank in course/Men: 73 (of 166)

Best time in course: 33:28

Rank in category: 18(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	16:19	5:01	22	3:42	94	5:11	3.25	16:19	5:01	37			73	5:11
Lap 2	3.25	16:05	4:56	15	3:02	60	4:47	6.50	32:24	4:59	37			73	9:58
Last lap Finish	3.25	16:08	4:57	16	3:07	66	5:06	9.75	48:32	4:58	18	9:36		73	15:04