



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Cramer, Thomas

Club: Schmallenberg

Number: 420

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 49:28

Speed: 10.92 km/h

Running performance: 5:04 min/km

Rank in course/Total: 91 (of 224)

Rank in course/Men: 83 (of 166)

Best time in course: 33:28

Rank in category: 20(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	16:55	5:12	24	4:18	106	5:47	3.25	16:55	5:12	11		82	5:47
Lap 2	3.25	16:43	5:08	20	3:40	82	5:25	6.50	33:38	5:10	11		82	11:12
Last lap Finish	3.25	15:50	4:52	15	2:49	59	4:48	9.75	49:28	5:04	20	10:32	83	16:00