



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

WERNER, Roland

Club: CVJM Göttingen

Number: 221

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 50:19

Speed: 10.73 km/h

Running performance: 5:10 min/km

Rank in course/Total: 103 (of 207)

Rank in course/Men: 97 (of 156)

Best time in course: 32:53

Rank in category: 20(of 22)

Best time in the category: 32:53

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	16:18	5:00	17	5:43	92	5:43	3.25	16:18	5:00	5	2:20	95	5:43
Lap 2	3.25	17:06	5:15	20	6:05	98	6:05	6.50	33:24	5:08	4	4:36	95	11:48
Last lap Finish	3.25	16:55	5:12	20	5:38	94	5:38	9.75	50:19	5:09	20	17:26	98	18:43