



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

Ruppel, Jörg

Club: SC Neuenstein

Number: 445

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 50:14

Speed: 10.75 km/h

Running performance: 5:09 min/km

Rank in course/Total: 102 (of 207)

Rank in course/Men: 96 (of 156)

Best time in course: 32:53

Rank in category: 24(of 34)

Best time in the category: 38:40

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	19:38	6:02	33	7:23	137	9:03	3.25	19:38	6:02	7	2:45	96	9:03
Lap 2	3.25	15:33	4:47	11	2:24	54	4:32	6.50	35:11	5:24	7	0:07	96	13:35
Last lap Finish	3.25	15:03	4:37	11	2:03	44	3:46	9.75	50:14	5:09	24	11:34	97	18:38