



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

PASTOMSKI, Ralf

Club: Viba-Anschütz-Team

Number: 326

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 50:22

Speed: 10.72 km/h

Running performance: 5:10 min/km

Rank in course/Total: 105 (of 207)

Rank in course/Men: 99 (of 156)

Best time in course: 32:53

Rank in category: 25(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	16:52	5:11	23	4:37	99	6:17	3.25	16:52	5:11	8			98	6:17
Lap 2	3.25	17:05	5:15	25	3:56	96	6:04	6.50	33:57	5:13	8			86	12:21
Last lap Finish	3.25	16:25	5:03	22	3:25	86	5:08	9.75	50:22	5:09	25	11:42		99	18:46