



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LUGAUER, Dietmar

Club: Gotha
Number: 333

Course: 9.75 km
10 km Lauf

Category:
Männer M45

Total time: 50:54

Speed: 10.61 km/h
Running performance: 5:13 min/km

Rank in course/Total: 107 (of 207)

Rank in course/Men: 100 (of 156)

Best time in course: 32:53

Rank in category: 26(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	17:04	5:15	29	4:49	108	6:29	3.25	17:04	5:15	9	0:11	100	6:29
Lap 2	3.25	17:07	5:15	26	3:58	99	6:06	6.50	34:11	5:15	9		100	12:35
Last lap Finish	3.25	16:43	5:08	24	3:43	91	5:26	9.75	50:54	5:13	26	12:14	101	19:18