



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

DILLING, Matthias

Club: Bad Freienwalde

Number: 233

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 38:17

Speed: 14.11 km/h

Running performance: 3:56 min/km

Rank in course/Total: 9 (of 207)

Rank in course/Men: 9 (of 156)

Best time in course: 32:53

Rank in category: 6(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.25	12:26	3:49	8	1:51	14	1:51	3.25	12:26	3:49	18		9	1:51
Lap 2	3.25	12:57	3:59	5	1:56	8	1:56	6.50	25:23	3:54	18		9	3:47
Last lap Finish	3.25	12:54	3:58	5	1:37	8	1:37	9.75	38:17	3:55	6	5:24	10	6:41