



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

JÄGER, Rune

Club: Emmerthal

Number: 260

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 52:02

Speed: 10.38 km/h

Running performance: 5:20 min/km

Rank in course/Total: 117 (of 207)

Rank in course/Men: 105 (of 156)

Best time in course: 32:53

Rank in category: 12(of 15)

Best time in the category: 39:30

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	16:20	5:01	12	3:50	93	5:45	3.25	16:20	5:01	12	3:50	104	5:45
Lap 2	3.25	17:59	5:31	12	4:26	111	6:58	6.50	34:19	5:16	12	8:16	104	12:43
Last lap Finish	3.25	17:43	5:27	12	4:16	107	6:26	9.75	52:02	5:20	12	12:32	106	20:26