



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |