



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HOLTKAMP, Christian

Club: TV Eiche 02 Bad Honnef

Number: 266

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 53:41

Speed: 10.90 km/h

Running performance: 5:31 min/km

Rank in course/Total: 130 (of 207)

Rank in course/Men: 113 (of 156)

Best time in course: 32:53

Rank in category: 13(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	17:15	5:18	13	4:45	114	6:40	3.25	17:15	5:18	13	4:45	113	6:40
Lap 2	3.25	18:14	5:36	13	4:41	114	7:13	6.50	35:29	5:27	13	9:26	113	13:53
Last lap Finish	3.25	18:12	5:35	13	4:45	114	6:55	9.75	53:41	5:30	13	14:11	114	22:05