



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ACKERMANN, Jens

Club: Laufgruppe Wasungen

Number: 308

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 53:55

Speed: 10.02 km/h

Running performance: 5:32 min/km

Rank in course/Total: 132 (of 207)

Rank in course/Men: 114 (of 156)

Best time in course: 32:53

Rank in category: 27(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	24	4:38	101	6:18	3.25	16:53	5:11	1	-	114	6:18
Lap 2	3.25	18:11	5:35	29	5:02	113	7:10	6.50	35:04	5:23	1	-	114	13:28
Last lap Finish	3.25	18:51	5:48	28	5:51	126	7:34	9.75	53:55	5:31	27	15:15	115	22:19