



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

GRUNDKE, Gisbert

Club: IMAS

Number: 304

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 54:15

Speed: 9.95 km/h

Running performance: 5:34 min/km

Rank in course/Total: 134 (of 207)

Rank in course/Men: 116 (of 156)

Best time in course: 32:53

Rank in category: 29(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:00	5:13	28	4:45	106	6:25	3.25	17:00	5:13	12	0:07	116	6:25
Lap 2	3.25	18:33	5:42	30	5:24	118	7:32	6.50	35:33	5:28	12	0:29	116	13:57
Last lap Finish	3.25	18:42	5:45	27	5:42	122	7:25	9.75	54:15	5:33	29	15:35	117	22:39