



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**HERMANN, Helmut**

Club: Dresden

Number: 369

Course: 9.75 km

10 km Lauf

Category:

Männer M60

Total time: 54:28

Speed: 9.91 km/h

Running performance: 5:35 min/km

Rank in course/Total: 135 (of 207)

Rank in course/Men: 117 (of 156)

Best time in course: 32:53

Rank in category: 5(of 8)

Best time in the category: 44:25

### 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	17:23	5:20	5	2:38	117	6:48	3.25	17:23	5:20	5	2:28	117	6:48
Lap 2	3.25	18:21	5:38	5	3:05	116	7:20	6.50	35:44	5:29	5	5:33	117	14:08
Last lap Finish	3.25	18:44	5:45	6	4:30	123	7:27	9.75	54:28	5:35	5	10:03	118	22:52