



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ONIßEIT, Lothar

Club: AC Apolda

Number: 371

Course: 9.75 km

10 km Lauf

Category:

Männer M65

Total time: 54:55

Speed: 9.83 km/h

Running performance: 5:38 min/km

Rank in course/Total: 137 (of 207)

Rank in course/Men: 119 (of 156)

Best time in course: 32:53

Rank in category: 3(of 4)

Best time in the category: 47:25

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	17:33	5:24	3	1:49	118	6:58	3.25	17:33	5:24	3	1:49	119	6:58
Lap 2	3.25	18:54	5:48	3	2:52	121	7:53	6.50	36:27	5:36	3	4:41	119	14:51
Last lap Finish	3.25	18:28	5:40	3	2:49	118	7:11	9.75	54:55	5:37	3	7:30	120	23:19