



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LEFFLER, Mirko

Club: PHOTO PERFECT Suhl

Number: 283

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 55:27

Speed: 9.74 km/h

Running performance: 5:41 min/km

Rank in course/Total: 142 (of 207)

Rank in course/Men: 122 (of 156)

Best time in course: 32:53

Rank in category: 16(of 20)

Best time in the category: 37:28

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	18:34	5:42	18	6:34	126	7:59	3.25	18:34	5:42	6	3:41	121	7:59	
Lap 2	3.25	18:28	5:40	16	5:46	117	7:27	6.50	37:02	5:41	6	6:03	121	15:26	
Last lap Finish	3.25	18:25	5:40	17	5:39	117	7:08	9.75	55:27	5:41	16	17:59	123	23:51	