



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

RUHMANN, Andreas

Club: SG 1898 Chattengau e.V.

Number: 346

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 55:22

Speed: 9.75 km/h

Running performance: 5:41 min/km

Rank in course/Total: 141 (of 207)

Rank in course/Men: 121 (of 156)

Best time in course: 32:53

Rank in category: 16(of 21)

Best time in the category: 41:08

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	17:06	5:15	15	4:06	109	6:31	3.25	17:06	5:15	7	2:05	109	6:31
Lap 2	3.25	19:41	6:03	18	5:47	134	8:40	6.50	36:47	5:39	7	6:00	122	15:11
Last lap Finish	3.25	18:35	5:43	16	4:31	120	7:18	9.75	55:22	5:40	16	14:14	122	23:46