



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HELLER, Henry

Club: Suhl

Number: 352

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 55:39

Speed: 9.70 km/h

Running performance: 5:43 min/km

Rank in course/Total: 145 (of 207)

Rank in course/Men: 123 (of 156)

Best time in course: 32:53

Rank in category: 17(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:58	5:50	17	5:58	130	8:23	3.25	18:58	5:50	5	3:57	123	8:23
Lap 2	3.25	18:58	5:50	16	5:04	123	7:57	6.50	37:56	5:50	5	7:09	123	16:20
Last lap Finish	3.25	17:43	5:27	15	3:39	107	6:26	9.75	55:39	5:42	17	14:31	124	24:03