



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

VOGEL, Maik

Club: Velpker SV

Number: 325

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 56:17

Speed: 10.39 km/h

Running performance: 5:46 min/km

Rank in course/Total: 154 (of 207)

Rank in course/Men: 126 (of 156)

Best time in course: 32:53

Rank in category: 31(of 34)

Best time in the category: 38:40

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	18:21	5:38	30	6:06	121	7:46	3.25	18:21	5:38	14	1:28	126	7:46
Lap 2	3.25	17:33	5:24	27	4:24	104	6:32	6.50	35:54	5:31	14	0:50	126	14:18
Last lap Finish	3.25	20:23	6:16	33	7:23	138	9:06	9.75	56:17	5:46	31	17:37	127	24:41