



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**JOHNEN, Volker**

Club: TV Arnoldsweiler

Number: 289

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 56:41

Speed: 9.53 km/h

Running performance: 5:49 min/km

Rank in course/Total: 159 (of 207)

Rank in course/Men: 130 (of 156)

Best time in course: 32:53

Rank in category: 19(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	18:31	5:41	16	6:31	122	7:56	3.25	18:31	5:41	3	3:38	128	7:56
Lap 2	3.25	19:09	5:53	18	6:27	127	8:08	6.50	37:40	5:47	3	6:41	130	16:04
Last lap Finish	3.25	19:01	5:51	20	6:15	129	7:44	9.75	56:41	5:48	18	19:13	130	25:05