



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

RINKE, Andreas

Club: Effelder

Number: 256

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 56:46

Speed: 9.51 km/h

Running performance: 5:49 min/km

Rank in course/Total: 160 (of 207)

Rank in course/Men: 131 (of 156)

Best time in course: 32:53

Rank in category: 10(of 14)

Best time in the category: 37:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:14	5:55	10	7:27	134	8:39	3.25	19:14	5:55	10	7:00	131	8:39
Lap 2	3.25	18:58	5:50	9	6:25	123	7:57	6.50	38:12	5:52	10	13:25	131	16:36
Last lap Finish	3.25	18:34	5:42	10	6:02	119	7:17	9.75	56:46	5:49	10	19:27	132	25:10