



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

WITTIG, Rene

Club: Erst laufen dann saufen

Number: 243

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 58:16

Speed: 9.27 km/h

Running performance: 5:59 min/km

Rank in course/Total: 169 (of 207)

Rank in course/Men: 136 (of 156)

Best time in course: 32:53

Rank in category: 12(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.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:45	6:04	11	7:58	139	9:10	3.25	19:45	6:04	11	7:31	136	9:10
Lap 2	3.25	19:14	5:55	10	6:41	131	8:13	6.50	38:59	5:59	12	14:12	137	17:23
Last lap Finish	3.25	19:17	5:56	12	6:45	133	8:00	9.75	58:16	5:58	11	20:57	136	26:40