



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

Helbig, Hans-Peter

Club: Hörselberg/Hainich

Number: 441

Course: 9.75 km

10 km Lauf

Category:

Männer M65

Total time: 1:01:05

Speed: 8.84 km/h

Running performance: 6:16 min/km

Rank in course/Total: 176 (of 207)

Rank in course/Men: 139 (of 156)

Best time in course: 32:53

Rank in category: 4(of 4)

Best time in the category: 47:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	19:38	6:02	4	3:54	137	9:03	3.25	19:38	6:02	4	3:54	96	9:03
Lap 2	3.25	20:51	6:24	4	4:49	143	9:50	6.50	40:29	6:13	4	8:43	139	18:53
Last lap Finish	3.25	20:36	6:20	4	4:57	140	9:19	9.75	1:01:05	6:15	4	13:40	140	29:29