



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STÜCKE, Eckhard

Club: Lage

Number: 363

Course: 9.75 km

10 km Lauf

Category:

Männer M55

Total time: 1:01:25

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 178 (of 207)

Rank in course/Men: 141 (of 156)

Best time in course: 32:53

Rank in category: 5(of 8)

Best time in the category: 50:22

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	20:28	6:17	5	3:36	143	9:53	3.25	20:28	6:17	5	3:36	141	9:53
Lap 2	3.25	20:35	6:19	6	3:30	140	9:34	6.50	41:03	6:18	5	7:06	141	19:27
Last lap Finish	3.25	20:22	6:15	5	3:57	137	9:05	9.75	1:01:25	6:17	6	29:49	142	29:49