



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**MÜNZER, Michael**

Club: LG Frech

Number: 248

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 1:06:10

Speed: 8.16 km/h

Running performance: 6:47 min/km

Rank in course/Total: 186 (of 207)

Rank in course/Men: 145 (of 156)

Best time in course: 32:53

Rank in category: 13(of 14)

Best time in the category: 37:19

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 3.25        | 20:29         | 6:18            | 13          | 8:42           | 144         | 9:54          | 3.25  | 20:29   | 6:18            | 13          | 8:15           | 145           | 9:54          |
| Lap 2           | 3.25        | 22:18         | 6:51            | 13          | 9:45           | 145         | 11:17         | 6.50  | 42:47   | 6:34            | 13          | 18:00          | 145           | 21:11         |
| Last lap Finish | 3.25        | 23:23         | 7:11            | 13          | 10:51          | 148         | 12:06         | 9.75  | 1:06:10 | 6:47            | 13          | 28:51          | 146           | 34:34         |