



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind 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