



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LANG, Thomas

Club: PSV Grün-Weiß Kassel

Number: 314

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 1:06:32

Speed: 8.79 km/h

Running performance: 6:49 min/km

Rank in course/Total: 190 (of 207)

Rank in course/Men: 147 (of 156)

Best time in course: 32:53

Rank in category: 34(of 34)

Best time in the category: 38:40

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	21:21	6:34	34	9:06	146	10:46	3.25	21:21	6:34	17	4:28	146	10:46
Lap 2	3.25	22:27	6:54	34	9:18	146	11:26	6.50	43:48	6:44	17	8:44	147	22:12
Last lap Finish	3.25	22:44	6:59	34	9:44	146	11:27	9.75	1:06:32	6:49	34	27:52	147	34:56