



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STERZINGER, Philipp

Club: LIFE Gesundheitstraining

Number: 249

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 1:10:48

Speed: 8.26 km/h

Running performance: 7:16 min/km

Rank in course/Total: 193 (of 207)

Rank in course/Men: 149 (of 156)

Best time in course: 32:53

Rank in category: 14(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	21:28	6:36	14	9:41	148	10:53	3.25	21:28	6:36	14	9:14	149	10:53
Lap 2	3.25	24:20	7:29	14	11:47	152	13:19	6.50	45:48	7:02	14	21:01	149	24:12
Last lap Finish	3.25	25:00	7:41	14	12:28	150	13:43	9.75	1:10:48	7:15	14	33:29	150	39:12