



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**HÖLZEL, Siegfried**

Club: Vorwärts Mörfelden

Number: 375

Course: 9.75 km

10 km Lauf

Category:

Männer M70

Total time: 1:11:15

Speed: 7.58 km/h

Running performance: 7:19 min/km

Rank in course/Total: 195 (of 207)

Rank in course/Men: 151 (of 156)

Best time in course: 32:53

Rank in category: 3(of 3)

Best time in the category: 43:13

### 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	24:16	7:28	3	10:28	154	13:41	3.25	24:16	7:28	3	10:28	151	13:41
Lap 2	3.25	23:48	7:19	3	9:12	150	12:47	6.50	48:04	7:23	3	19:40	151	26:28
Last lap Finish	3.25	23:11	7:08	3	8:22	147	11:54	9.75	1:11:15	7:18	3	28:02	152	39:39