



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

DIEZ, Utz

Club: USV Jena

Number: 379

Course: 9.75 km

10 km Lauf

Category:

Männer M75

Total time: 1:11:26

Speed: 7.56 km/h

Running performance: 7:20 min/km

Rank in course/Total: 196 (of 207)

Rank in course/Men: 152 (of 156)

Best time in course: 32:53

Rank in category: 3(of 4)

Best time in the category: 1:01:28

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	22:28	6:54	3	2:58	151	11:53	3.25	22:28	6:54	3	2:56	152	11:53
Lap 2	3.25	23:53	7:20	3	3:03	151	12:52	6.50	46:21	7:07	3	5:59	152	24:45
Last lap Finish	3.25	25:05	7:43	3	3:59	151	13:48	9.75	1:11:26	7:19	3	9:58	153	39:50