



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ADOLF, Uwe

Club: Hettstedter SV Blau Weiß e.V.

Number: 302

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 41:19

Speed: 13.07 km/h

Running performance: 4:14 min/km

Rank in course/Total: 23 (of 207)

Rank in course/Men: 23 (of 156)

Best time in course: 32:53

Rank in category: 6(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	13:36	4:11	5	1:21	25	3:01	3.25	13:36	4:11	23			24	3:01
Lap 2	3.25	13:48	4:14	4	0:39	19	2:47	6.50	27:24	4:12	23			24	5:48
Last lap Finish	3.25	13:55	4:16	7	0:55	25	2:38	9.75	41:19	4:14	6	2:39		24	9:43