



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

KISLINGEN, Andreas

Club: FTSV Heckershausen

Number: 300

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 42:05

Speed: 12.83 km/h

Running performance: 4:19 min/km

Rank in course/Total: 27 (of 207)

Rank in course/Men: 27 (of 156)

Best time in course: 32:53

Rank in category: 8(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	14:15	4:23	8	2:00	42	3:40	3.25	14:15	4:23	25			27	3:40
Lap 2	3.25	13:59	4:18	7	0:50	24	2:58	6.50	28:14	4:20	21			20	6:38
Last lap Finish	3.25	13:51	4:15	6	0:51	24	2:34	9.75	42:05	4:18	8	3:25		28	10:29