



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STHAMER, Heiko

Club: Alpenverein Suhl

Number: 296

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 42:34

Speed: 12.69 km/h

Running performance: 4:22 min/km

Rank in course/Total: 28 (of 207)

Rank in course/Men: 28 (of 156)

Best time in course: 32:53

Rank in category: 9(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	13:44	4:13	6	1:29	26	3:09	3.25	13:44	4:13	26			28	3:09
Lap 2	3.25	14:28	4:27	9	1:19	29	3:27	6.50	28:12	4:20	26			28	6:36
Last lap Finish	3.25	14:22	4:25	10	1:22	34	3:05	9.75	42:34	4:21	9	3:54		29	10:58