



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**PÖSCH, Thorsten**

Club: Braunschweig

Number: 247

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 43:10

Speed: 12.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 31 (of 207)

Rank in course/Men: 31 (of 156)

Best time in course: 32:53

Rank in category: 2(of 14)

Best time in the category: 37:19

### 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	13:46	4:14	3	1:59	27	3:11	3.25	13:46	4:14	2	1:32	31	3:11
Lap 2	3.25	14:41	4:31	2	2:08	34	3:40	6.50	28:27	4:22	2	3:40	31	6:51
Last lap Finish	3.25	14:43	4:31	3	2:11	38	3:26	9.75	43:10	4:25	2	5:51	32	11:34