



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**HENNING, Christian**

Club: fulda

Number: 3

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 4:36:32

Speed: 9.11 km/h

Running performance: 6:33 min/km

Rank in course/Total: 113 (of 143)

Rank in course/Men: 105 (of 129)

Best time in course: 2:55:38

Rank in category: 9(of 11)

Best time in the category: 3:07:41

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	17:51	5:29	9	5:29	89	5:34	3.25	17:51	5:29	10	1:21	110	1:21
Lap 2	3.25	18:34	5:42	9	5:43	94	5:43	6.50	36:25	5:36	10	2:26	110	2:26
Lap 3	3.25	18:52	5:48	10	5:54	102	5:57	9.75	55:17	5:40	10	3:13	110	3:13
Lap 4	3.25	19:46	6:04	11	6:47	102	6:53	13.00	1:15:03	5:46	10	4:32	110	4:32
Lap 5	3.25	19:32	6:00	11	6:23	104	6:31	16.25	1:34:35	5:49	10	5:30	110	5:30
Lap 6	3.25	20:11	6:12	11	6:31	107	7:18	19.50	1:54:46	5:53	10	6:34	110	6:34
Lap 7	3.25	20:25	6:16	10	6:48	105	7:15	22.75	2:15:11	5:56	10	6:36	110	6:36
Lap 8	3.25	21:34	6:38	10	7:29	108	8:02	26.00	2:36:45	6:01	9	51:04	106	52:31
Lap 9	3.25	22:32	6:56	10	7:56	109	8:54	29.25	2:59:17	6:07	9	59:00	106	1:01:13
Lap 10	3.25	23:29	7:13	9	8:36	106	9:26	32.50	3:22:46	6:14	9	1:07:36	105	1:10:39
Lap 11	3.25	24:04	7:24	9	8:13	97	9:56	35.75	3:46:50	6:20	9	1:15:49	104	1:20:35
Lap 12	3.25	25:21	7:48	9	8:26	110	11:30	39.00	4:12:11	6:27	9	1:22:38	104	1:31:13
Last lap Finish	3.25	24:21	7:29	10	8:02	111	10:46	42.25	4:36:32	6:32	10	2:06:49	111	2:06:49