



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

REICH, Ingmar

Club: W.T.A.Weser

Number: 368

Course: 9.75 km

10 km Lauf

Category:

Männer M35

Total time: 43:41

Speed: 12.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 34 (of 207)

Rank in course/Men: 34 (of 156)

Best time in course: 32:53

Rank in category: 4(of 15)

Best time in the category: 39:30

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	14:52	4:34	4	2:22	50	4:17	3.25	14:52	4:34	4	2:22	34	4:17
Lap 2	3.25	15:15	4:41	6	1:42	45	4:14	6.50	30:07	4:38	4	4:04	34	8:31
Last lap Finish	3.25	13:34	4:10	2	0:07	19	2:17	9.75	43:41	4:28	4	4:11	35	12:05