



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |