



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

JACOB, Gregor

Club: AC Apolda

Number: 451

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 43:42

Speed: 12.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 35 (of 207)

Rank in course/Men: 35 (of 156)

Best time in course: 32:53

Rank in category: 12(of 22)

Best time in the category: 32:53

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	13:58	4:17	12	3:23	34	3:23	3.25	13:58	4:17	1	-	35	3:23
Lap 2	3.25	14:50	4:33	12	3:49	38	3:49	6.50	28:48	4:25	1	-	35	7:12
Last lap Finish	3.25	14:54	4:35	13	3:37	40	3:37	9.75	43:42	4:28	12	10:49	36	12:06