



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

GEIßENHÖNER, Mario

Club: Rennsteiglaufverein

Number: 284

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 43:51

Speed: 12.31 km/h

Running performance: 4:30 min/km

Rank in course/Total: 37 (of 207)

Rank in course/Men: 37 (of 156)

Best time in course: 32:53

Rank in category: 3(of 20)

Best time in the category: 37:28

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	13:32	4:09	3	1:32	24	2:57	3.25	13:32	4:09	19		37	2:57
Lap 2	3.25	15:19	4:42	4	2:37	47	4:18	6.50	28:51	4:26	19		37	7:15
Last lap Finish	3.25	15:00	4:36	3	2:14	43	3:43	9.75	43:51	4:29	3	6:23	38	12:15