



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LINDNER, Benjamin

Club: Cheetah Running Club

Number: 220

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 33:27

Speed: 16.14 km/h

Running performance: 3:26 min/km

Rank in course/Total: 2 (of 207)

Rank in course/Men: 2 (of 156)

Best time in course: 32:53

Rank in category: 2(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	10:35	3:15	1	-	1	-	3.25	10:35	3:15	12		1	-
Lap 2	3.25	11:07	3:25	2	0:06	2	0:06	6.50	21:42	3:20	22		2	0:06
Last lap Finish	3.25	11:45	3:36	3	0:28	4	0:28	9.75	33:27	3:25	2	0:34	3	1:51