



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

BOLDT, Linnart

Club: CHEETAH RUNNING CLUB e.V.

Number: 275

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 44:40

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 43 (of 207)

Rank in course/Men: 43 (of 156)

Best time in course: 32:53

Rank in category: 5(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	13:51	4:15	4	1:51	29	3:16	3.25	13:51	4:15	17			43	3:16
Lap 2	3.25	15:21	4:43	5	2:39	49	4:20	6.50	29:12	4:29	17			43	7:36
Last lap Finish	3.25	15:28	4:45	4	2:42	56	4:11	9.75	44:40	4:34	5	7:12		44	13:04