



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

FÖRSTER, Thomas

Club: Förster Thomas

Number: 338

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 44:55

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 45 (of 207)

Rank in course/Men: 45 (of 156)

Best time in course: 32:53

Rank in category: 4(of 21)

Best time in the category: 41:08

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	14:14	4:22	4	1:14	41	3:39	3.25	14:14	4:22	19			45	3:39
Lap 2	3.25	15:32	4:46	7	1:38	53	4:31	6.50	29:46	4:34	19			45	8:10
Last lap Finish	3.25	15:09	4:39	5	1:05	48	3:52	9.75	44:55	4:36	4	3:47		46	13:19