



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

Winkler, Heinz-Jörg

Club: Nofretete e.V.

Number: 453

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 44:55

Speed: 12.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 46 (of 207)

Rank in course/Men: 46 (of 156)

Best time in course: 32:53

Rank in category: 5(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	14:13	4:22	3	1:13	40	3:38	3.25	14:13	4:22	18			46	3:38
Lap 2	3.25	15:20	4:43	6	1:26	48	4:19	6.50	29:33	4:32	18			46	7:57
Last lap Finish	3.25	15:22	4:43	7	1:18	53	4:05	9.75	44:55	4:36	4	3:47		46	13:19