



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

MAIR, Arnulf

Club: TSV Trauchgau

Number: 349

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 45:33

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 51 (of 207)

Rank in course/Men: 50 (of 156)

Best time in course: 32:53

Rank in category: 6(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	15:12	4:40	9	2:12	65	4:37	3.25	15:12	4:40	17	0:11	50	4:37
Lap 2	3.25	15:02	4:37	5	1:08	42	4:01	6.50	30:14	4:39	17		50	8:38
Last lap Finish	3.25	15:19	4:42	6	1:15	51	4:02	9.75	45:33	4:40	6	4:25	51	13:57