



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

MOCK, Michael

Club: FFw Werningshausen

Number: 222

Course: 9.75 km

10 km Lauf

Category:

Männer M20

Total time: 45:34

Speed: 11.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 52 (of 207)

Rank in course/Men: 51 (of 156)

Best time in course: 32:53

Rank in category: 16(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	13:56	4:17	11	3:21	33	3:21	3.25	13:56	4:17	8		51	3:21
Lap 2	3.25	15:31	4:46	16	4:30	51	4:30	6.50	29:27	4:31	8	0:39	36	7:51
Last lap Finish	3.25	16:07	4:57	17	4:50	70	4:50	9.75	45:34	4:40	16	12:41	52	13:58