



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

RINKE, Gerhard

Club: SC Heiligenstadt

Number: 343

Course: 9.75 km

10 km Lauf

Category:

Männer M50

Total time: 45:34

Speed: 11.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 53 (of 207)

Rank in course/Men: 52 (of 156)

Best time in course: 32:53

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:00	4:55	13	3:00	86	5:25	3.25	16:00	4:55	16	0:59	52	5:25
Lap 2	3.25	14:37	4:29	3	0:43	32	3:36	6.50	30:37	4:42	16		52	9:01
Last lap Finish	3.25	14:57	4:35	4	0:53	42	3:40	9.75	45:34	4:40	7	4:26	52	13:58