



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

FRANKE, Christian

Club: BSG Vitzfedern

Number: 240

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 46:14

Speed: 11.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 57 (of 207)

Rank in course/Men: 56 (of 156)

Best time in course: 32:53

Rank in category: 4(of 14)

Best time in the category: 37:19

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	14:02	4:19	4	2:15	35	3:27	3.25	14:02	4:19	4	1:48	29	3:27
Lap 2	3.25	16:04	4:56	4	3:31	71	5:03	6.50	30:06	4:37	4	5:19	56	8:30
Last lap Finish	3.25	16:08	4:57	5	3:36	72	4:51	9.75	46:14	4:44	4	8:55	57	14:38