



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ENGE, Uwe

Club: TSG Ruhla

Number: 320

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 46:39

Speed: 11.58 km/h

Running performance: 4:47 min/km

Rank in course/Total: 64 (of 207)

Rank in course/Men: 62 (of 156)

Best time in course: 32:53

Rank in category: 13(of 34)

Best time in the category: 38:40

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	15:44	4:50	17	3:29	75	5:09	3.25	15:44	4:50	30		62	5:09
Lap 2	3.25	15:33	4:47	11	2:24	54	4:32	6.50	31:17	4:48	30		62	9:41
Last lap Finish	3.25	15:22	4:43	12	2:22	53	4:05	9.75	46:39	4:47	13	7:59	63	15:03