



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HOLTZHAUER, Steffen

Club: Vacha
Number: 294

Course: 9.75 km
10 km Lauf

Category:
Männer M40

Total time: 46:50

Speed: 11.53 km/h
Running performance: 4:48 min/km

Rank in course/Total: 66 (of 207)

Rank in course/Men: 64 (of 156)

Best time in course: 32:53

Rank in category: 7(of 20)

Best time in the category: 37:28

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	14:52	4:34	7	2:52	50	4:17	3.25	14:52	4:34	15		34	4:17
Lap 2	3.25	15:40	4:49	6	2:58	59	4:39	6.50	30:32	4:41	15		64	8:56
Last lap Finish	3.25	16:18	5:00	8	3:32	79	5:01	9.75	46:50	4:48	7	9:22	65	15:14