



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

TERKATZ, Johannes

Club: LC Duisburg

Number: 310

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 47:36

Speed: 11.34 km/h

Running performance: 4:53 min/km

Rank in course/Total: 78 (of 207)

Rank in course/Men: 74 (of 156)

Best time in course: 32:53

Rank in category: 16(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.25	15:08	4:39	13	2:53	64	4:33	3.25	15:08	4:39	33		74	4:33
Lap 2	3.25	16:15	5:00	20	3:06	80	5:14	6.50	31:23	4:49	33		74	9:47
Last lap Finish	3.25	16:13	4:59	20	3:13	76	4:56	9.75	47:36	4:52	16	8:56	75	16:00