



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

TREßELT, Frank

Club: GMRLV Großbreitenbach

Number: 301

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 47:41

Speed: 11.32 km/h

Running performance: 4:53 min/km

Rank in course/Total: 79 (of 207)

Rank in course/Men: 75 (of 156)

Best time in course: 32:53

Rank in category: 17(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:30	4:46	16	3:15	71	4:55	3.25	15:30	4:46	34			75	4:55
Lap 2	3.25	16:13	4:59	19	3:04	79	5:12	6.50	31:43	4:52	34			75	10:07
Last lap Finish	3.25	15:58	4:54	15	2:58	66	4:41	9.75	47:41	4:53	17	9:01		76	16:05