



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

SIEGMUND, Roland

Club: TV Igstadt

Number: 323

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 47:55

Speed: 11.27 km/h

Running performance: 4:55 min/km

Rank in course/Total: 81 (of 207)

Rank in course/Men: 77 (of 156)

Best time in course: 32:53

Rank in category: 18(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:47	4:51	19	3:32	79	5:12	3.25	15:47	4:51	10			77	5:12
Lap 2	3.25	16:01	4:55	15	2:52	67	5:00	6.50	31:48	4:53	10			77	10:12
Last lap Finish	3.25	16:07	4:57	17	3:07	70	4:50	9.75	47:55	4:54	18	9:15		78	16:19