



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HELLER, Matthias

Club: Mühlhäuser Laufcombo

Number: 280

Course: 9.75 km

10 km Lauf

Category:

Männer M40

Total time: 47:57

Speed: 11.26 km/h

Running performance: 4:55 min/km

Rank in course/Total: 82 (of 207)

Rank in course/Men: 78 (of 156)

Best time in course: 32:53

Rank in category: 11(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	14:53	4:34	8	2:53	54	4:18	3.25	14:53	4:34	1	-	68	4:18
Lap 2	3.25	16:06	4:57	11	3:24	76	5:05	6.50	30:59	4:46	1	-	78	9:23
Last lap Finish	3.25	16:58	5:13	11	4:12	95	5:41	9.75	47:57	4:55	11	10:29	79	16:21