



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

DELLIT, Danny

Club: Goldbeck

Number: 245

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 48:06

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 83 (of 207)

Rank in course/Men: 79 (of 156)

Best time in course: 32:53

Rank in category: 6(of 14)

Best time in the category: 37:19

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	15:40	4:49	5	3:53	72	5:05	3.25	15:40	4:49	6	3:26	79	5:05
Lap 2	3.25	16:11	4:58	5	3:38	78	5:10	6.50	31:51	4:54	6	7:04	79	10:15
Last lap Finish	3.25	16:15	5:00	6	3:43	78	4:58	9.75	48:06	4:56	6	10:47	80	16:30