



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

URBAN, Martin

Club: Laufteam Groß Wokern

Number: 309

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:23

Speed: 11.16 km/h

Running performance: 4:58 min/km

Rank in course/Total: 84 (of 207)

Rank in course/Men: 80 (of 156)

Best time in course: 32:53

Rank in category: 19(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	15:45	4:50	18	3:30	77	5:10	3.25	15:45	4:50	2			80	5:10
Lap 2	3.25	16:05	4:56	17	2:56	72	5:04	6.50	31:50	4:53	2			80	10:14
Last lap Finish	3.25	16:33	5:05	23	3:33	88	5:16	9.75	48:23	4:57	19	9:43		81	16:47