



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LUNKEIT, Achim

Club: schweina

Number: 334

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 48:31

Speed: 11.13 km/h

Running performance: 4:59 min/km

Rank in course/Total: 85 (of 207)

Rank in course/Men: 81 (of 156)

Best time in course: 32:53

Rank in category: 20(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	16:03	4:56	22	3:48	89	5:28	3.25	16:03	4:56	3			81	5:28
Lap 2	3.25	16:18	5:00	21	3:09	82	5:17	6.50	32:21	4:58	3			81	10:45
Last lap Finish	3.25	16:10	4:58	19	3:10	74	4:53	9.75	48:31	4:58	20	9:51		82	16:55