



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

MANTEN, Thilo

Club: Dietzenbach

Number: 255

Course: 9.75 km

10 km Lauf

Category:

Männer M30

Total time: 49:35

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 94 (of 207)

Rank in course/Men: 88 (of 156)

Best time in course: 32:53

Rank in category: 7(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	16:01	4:55	7	4:14	87	5:26	3.25	16:01	4:55	7	3:47	88	5:26
Lap 2	3.25	16:57	5:12	6	4:24	92	5:56	6.50	32:58	5:04	7	8:11	88	11:22
Last lap Finish	3.25	16:37	5:06	7	4:05	90	5:20	9.75	49:35	5:05	7	12:16	88	17:59