



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**SÖMMER, Fred**

Club: BSG Wartburg-Sparkasse

Number: 297

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 50:09

Speed: 10.77 km/h

Running performance: 5:08 min/km

Rank in course/Total: 101 (of 207)

Rank in course/Men: 95 (of 156)

Best time in course: 32:53

Rank in category: 23(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	15:58	4:54	21	3:43	84	5:23	3.25	15:58	4:54	5			91	5:23
Lap 2	3.25	16:58	5:13	23	3:49	94	5:57	6.50	32:56	5:03	5			91	11:20
Last lap Finish	3.25	17:13	5:17	25	4:13	97	5:56	9.75	50:09	5:08	23	11:29		96	18:33