



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Koch, Dominik

Club: TV- Barchfeld/Rennsteiglaufverein LG Süd
Number: 416

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 32:58

Speed: 17.75 km/h
Running performance: 3:23 min/km

Rank in course/Total: 1 (of 149)

Rank in course/Men: 1 (of 105)

Best time in course: 32:58

Rank in category: 1(of 24)

Best time in the category: 32:58

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	10:15	3:09	1	-	1	-	3.25	10:15	3:09	13	-	1	-
Lap 2	3.25	14:30	4:27	3	0:44	11	2:43	6.50	24:45	3:48	13	-	1	-
Last lap Finish	3.25	8:13	2:31	1	-	1	-	9.75	32:58	3:22	1	-	1	-