



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kammler, Ronald

Club: Klingser SV

Number: 340

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:39

Speed: 12.97 km/h

Running performance: 4:16 min/km

Rank in course/Total: 9 (of 149)

Rank in course/Men: 9 (of 105)

Best time in course: 32:58

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	13:17	4:05	3	3:02	8	3:02	3.25	13:17	4:05	23		10	3:02
Lap 2	3.25	13:57	4:17	2	0:11	7	2:10	6.50	27:14	4:11	22		9	2:29
Last lap Finish	3.25	14:25	4:26	3	6:12	11	6:12	9.75	41:39	4:16	3	8:41	9	8:41