



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

eisenkopf, harry

Club: höchster schwimmverein

Number: 331

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:07

Speed: 9.29 km/h

Running performance: 5:58 min/km

Rank in course/Total: 99 (of 149)

Rank in course/Men: 79 (of 105)

Best time in course: 32:58

Rank in category: 3(of 5)

Best time in the category: 48:05

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	18:21	5:38	3	2:27	77	8:06	3.25	18:21	5:38	3	2:27	80	8:06
Lap 2	3.25	19:36	6:01	3	3:30	78	7:49	6.50	37:57	5:50	3	5:57	78	13:12
Last lap Finish	3.25	20:10	6:12	3	4:05	82	11:57	9.75	58:07	5:57	3	10:02	80	25:09