



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Gohlke, Roland

Club: 2 Raben

Number: 303

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:30

Speed: 9.23 km/h

Running performance: 6:00 min/km

Rank in course/Total: 100 (of 149)

Rank in course/Men: 80 (of 105)

Best time in course: 32:58

Rank in category: 7(of 11)

Best time in the category: 39:28

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	19:42	6:03	10	6:54	96	9:27	3.25	19:42	6:03	7	6:54	81	9:27
Lap 2	3.25	19:53	6:07	7	6:29	81	8:06	6.50	39:35	6:05	7	13:23	79	14:50
Last lap Finish	3.25	18:55	5:49	6	5:39	68	10:42	9.75	58:30	6:00	7	19:02	81	25:32