



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse
Number: 312

Course: 9.75 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:50

Speed: 9.18 km/h
Running performance: 6:02 min/km

Rank in course/Total: 105 (of 149)

Rank in course/Men: 82 (of 105)

Best time in course: 32:58

Rank in category: 8(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	18:55	5:49	8	6:07	87	8:40	3.25	18:55	5:49	8	6:07	82	8:40	
Lap 2	3.25	20:12	6:12	8	6:48	85	8:25	6.50	39:07	6:01	8	12:55	80	14:22	
Last lap Finish	3.25	19:43	6:03	7	6:27	79	11:30	9.75	58:50	6:02	8	19:22	83	25:52	