



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Dr. Wendrich, Frank

Club: Laufprojekt Gelnhausen

Number: 345

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:16

Speed: 9.11 km/h

Running performance: 6:05 min/km

Rank in course/Total: 108 (of 149)

Rank in course/Men: 85 (of 105)

Best time in course: 32:58

Rank in category: 17(of 18)

Best time in the category: 39:30

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	18:46	5:46	16	5:59	84	8:31	3.25	18:46	5:46	3	1:59	85	8:31
Lap 2	3.25	20:07	6:11	17	6:42	82	8:20	6.50	38:53	5:58	3	4:35	83	14:08
Last lap Finish	3.25	20:23	6:16	17	7:05	84	12:10	9.75	59:16	6:04	17	19:46	86	26:18