



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Diesing, Kai

Club: Emmerthal

Number: 437

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:20

Speed: 8.95 km/h

Running performance: 6:11 min/km

Rank in course/Total: 114 (of 149)

Rank in course/Men: 89 (of 105)

Best time in course: 32:58

Rank in category: 12(of 13)

Best time in the category: 36:48

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	18:28	5:40	11	6:31	82	8:13	3.25	18:28	5:40	12	6:31	89	8:13
Lap 2	3.25	20:44	6:22	12	8:24	90	8:57	6.50	39:12	6:01	12	14:55	87	14:27
Last lap Finish	3.25	21:08	6:30	12	8:37	92	12:55	9.75	1:00:20	6:11	12	23:32	90	27:22