



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Metje, Thomas

Club: Emmerthal

Number: 452

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:19

Speed: 8.95 km/h

Running performance: 6:11 min/km

Rank in course/Total: 113 (of 149)

Rank in course/Men: 88 (of 105)

Best time in course: 32:58

Rank in category: 9(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	19:02	5:51	9	6:14	90	8:47	3.25	19:02	5:51	9	6:14	90	8:47
Lap 2	3.25	20:18	6:14	9	6:54	86	8:31	6.50	39:20	6:03	9	13:08	88	14:35
Last lap Finish	3.25	20:59	6:27	10	7:43	91	12:46	9.75	1:00:19	6:11	9	20:51	89	27:21