



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Haink, Uwe

Club: SV Braunsbedra

Number: 381

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:32

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 115 (of 149)

Rank in course/Men: 90 (of 105)

Best time in course: 32:58

Rank in category: 10(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	18:31	5:41	7	5:43	83	8:16	3.25	18:31	5:41	10	5:43	91	8:16
Lap 2	3.25	21:12	6:31	10	7:48	92	9:25	6.50	39:43	6:06	10	13:31	89	14:58
Last lap Finish	3.25	20:49	6:24	9	7:33	88	12:36	9.75	1:00:32	6:12	10	21:04	91	27:34