



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Natke, Alexander

Club: Troisdorf

Number: 435

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:54

Speed: 8.87 km/h

Running performance: 6:15 min/km

Rank in course/Total: 117 (of 149)

Rank in course/Men: 91 (of 105)

Best time in course: 32:58

Rank in category: 8(of 11)

Best time in the category: 45:13

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	19:59	6:08	10	6:17	98	9:44	3.25	19:59	6:08	9		92	9:44
Lap 2	3.25	20:23	6:16	8	5:17	87	8:36	6.50	40:22	6:12	8	10:22	90	15:37
Last lap Finish	3.25	20:32	6:19	8	5:19	86	12:19	9.75	1:00:54	6:14	8	15:41	92	27:56