



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Groß-Holtwick, Markus**

Club: Hemdener Sportverein 1972

Number: 330

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:01:00

Speed: 8.85 km/h

Running performance: 6:16 min/km

Rank in course/Total: 119 (of 149)

Rank in course/Men: 93 (of 105)

Best time in course: 32:58

Rank in category: 13(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	18:53	5:48	12	6:56	86	8:38	3.25	18:53	5:48	13	6:56	93	8:38
Lap 2	3.25	21:20	6:33	13	9:00	94	9:33	6.50	40:13	6:11	13	15:56	91	15:28
Last lap Finish	3.25	20:47	6:23	10	8:16	87	12:34	9.75	1:01:00	6:15	13	24:12	94	28:02