



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Croon, Erik

Club: ifi-aner

Number: 334

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:03

Speed: 8.18 km/h

Running performance: 6:46 min/km

Rank in course/Total: 132 (of 149)

Rank in course/Men: 100 (of 105)

Best time in course: 32:58

Rank in category: 11(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	20:15	6:13	11	7:27	99	10:00	3.25	20:15	6:13	11	7:27	101	10:00
Lap 2	3.25	22:34	6:56	11	9:10	100	10:47	6.50	42:49	6:35	11	16:37	99	18:04
Last lap Finish	3.25	23:14	7:08	11	9:58	99	15:01	9.75	1:06:03	6:46	11	26:35	101	33:05