



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Grün, Sascha

Club: Team Erdinger alkoholfrei
Number: 396

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:18

Speed: 12.47 km/h
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 149)

Rank in course/Men: 12 (of 105)

Best time in course: 32:58

Rank in category: 4(of 24)

Best time in the category: 32:58

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	13:32	4:09	4	3:17	9	3:17	3.25	13:32	4:09	22			14	3:17
Lap 2	3.25	14:53	4:34	5	1:07	15	3:06	6.50	28:25	4:22	21			13	3:40
Last lap Finish	3.25	14:53	4:34	5	6:40	16	6:40	9.75	43:18	4:26	4	10:20		12	10:20