



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Erler, Ralph

Club: Team Halber Hai e.V.

Number: 398

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:10:11

Speed: 7.69 km/h

Running performance: 7:12 min/km

Rank in course/Total: 142 (of 149)

Rank in course/Men: 102 (of 105)

Best time in course: 32:58

Rank in category: 23(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	21:58	6:45	24	11:43	103	11:43	3.25	21:58	6:45	2	5:13	103	11:43
Lap 2	3.25	24:21	7:29	23	10:35	101	12:34	6.50	46:19	7:07	2	12:37	101	21:34
Last lap Finish	3.25	23:52	7:20	22	15:39	101	15:39	9.75	1:10:11	7:11	24	37:13	103	37:13