



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Mutter, Gerd

Club: LT Lippehasen / 100 Marathon Club
Number: 356

Course: 9.75 km
10 km Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:13:56

Speed: 7.91 km/h
Running performance: 7:35 min/km

Rank in course/Total: 143 (of 149)

Rank in course/Men: 103 (of 105)

Best time in course: 32:58

Rank in category: 2(of 2)

Best time in the category: 51:28

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	22:55	7:03	2	6:10	105	12:40	3.25	22:55	7:03	2	6:10	104	12:40
Lap 2	3.25	24:37	7:34	2	7:00	102	12:50	6.50	47:32	7:18	2	13:10	102	22:47
Last lap Finish	3.25	26:24	8:07	2	9:18	103	18:11	9.75	1:13:56	7:34	2	22:28	104	40:58