



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lorenz, Jan Niklas

Club: KamsdorferSpassSportler

Number: 338

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 43:23

Speed: 12.45 km/h

Running performance: 4:27 min/km

Rank in course/Total: 14 (of 149)

Rank in course/Men: 14 (of 105)

Best time in course: 32:58

Rank in category: 2(of 7)

Best time in the category: 40:40

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	14:42	4:31	3	2:09	24	4:27	3.25	14:42	4:31	2	2:09	15	4:27
Lap 2	3.25	14:24	4:25	2	0:24	10	2:37	6.50	29:06	4:28	2	2:33	14	4:21
Last lap Finish	3.25	14:17	4:23	2	0:10	10	6:04	9.75	43:23	4:26	2	2:43	14	10:25