



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

bohlender, alexander

Club: ttv 06 aulatal

Number: 415

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:39

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 15 (of 149)

Rank in course/Men: 15 (of 105)

Best time in course: 32:58

Rank in category: 5(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	14:10	4:21	5	3:55	15	3:55	3.25	14:10	4:21	21		16	3:55
Lap 2	3.25	14:47	4:32	4	1:01	14	3:00	6.50	28:57	4:27	20		15	4:12
Last lap Finish	3.25	14:42	4:31	4	6:29	13	6:29	9.75	43:39	4:28	5	10:41	15	10:41