



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Beneke, Andreas

Club: TSV Victoria Linden

Number: 413

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:52

Speed: 12.31 km/h

Running performance: 4:30 min/km

Rank in course/Total: 16 (of 149)

Rank in course/Men: 16 (of 105)

Best time in course: 32:58

Rank in category: 2(of 13)

Best time in the category: 36:48

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	14:30	4:27	2	2:33	18	4:15	3.25	14:30	4:27	2	2:33	17	4:15
Lap 2	3.25	14:37	4:29	2	2:17	12	2:50	6.50	29:07	4:28	2	4:50	16	4:22
Last lap Finish	3.25	14:45	4:32	3	2:14	15	6:32	9.75	43:52	4:29	2	7:04	16	10:54