



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Zapf, Martin

Club: Bebra-Weiterode

Number: 450

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:33

Speed: 12.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 17 (of 149)

Rank in course/Men: 17 (of 105)

Best time in course: 32:58

Rank in category: 6(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:27	4:26	6	4:12	16	4:12	3.25	14:27	4:26	19			18	4:12
Lap 2	3.25	15:03	4:37	6	1:17	18	3:16	6.50	29:30	4:32	18			17	4:45
Last lap Finish	3.25	15:03	4:37	6	6:50	17	6:50	9.75	44:33	4:34	6	11:35		17	11:35