



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lehnert, Oliver

Club: Nein-Doch-0000HHH

Number: 362

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:13

Speed: 11.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 22 (of 149)

Rank in course/Men: 21 (of 105)

Best time in course: 32:58

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:31	4:28	3	2:34	19	4:16	3.25	14:31	4:28	4	2:34	23	4:16
Lap 2	3.25	15:22	4:43	5	3:02	23	3:35	6.50	29:53	4:35	4	5:36	22	5:08
Last lap Finish	3.25	15:20	4:43	4	2:49	22	7:07	9.75	45:13	4:38	4	8:25	21	12:15