



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 453

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:37

Speed: 11.58 km/h

Running performance: 4:47 min/km

Rank in course/Total: 26 (of 149)

Rank in course/Men: 26 (of 105)

Best time in course: 32:58

Rank in category: 2(of 11)

Best time in the category: 39:28

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	15:17	4:42	2	2:29	27	5:02	3.25	15:17	4:42	2	2:29	20	5:02
Lap 2	3.25	15:19	4:42	2	1:55	22	3:32	6.50	30:36	4:42	2	4:24	26	5:51
Last lap Finish	3.25	16:01	4:55	2	2:45	29	7:48	9.75	46:37	4:46	2	7:09	27	13:39