



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rauch, Andre

Club: LG Friedrichroda

Number: 348

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:16

Speed: 11.19 km/h

Running performance: 4:57 min/km

Rank in course/Total: 36 (of 149)

Rank in course/Men: 35 (of 105)

Best time in course: 32:58

Rank in category: 3(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	15:21	4:43	3	2:33	31	5:06	3.25	15:21	4:43	3	2:33	37	5:06
Lap 2	3.25	16:24	5:02	3	3:00	37	4:37	6.50	31:45	4:53	3	5:33	35	7:00
Last lap Finish	3.25	16:31	5:04	4	3:15	38	8:18	9.75	48:16	4:57	3	8:48	36	15:18