



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rolff, Dirk

Club: LG RWE Power

Number: 352

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:33

Speed: 11.12 km/h

Running performance: 4:59 min/km

Rank in course/Total: 38 (of 149)

Rank in course/Men: 36 (of 105)

Best time in course: 32:58

Rank in category: 9(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	16:36	5:06	12	6:21	54	6:21	3.25	16:36	5:06	16			38	6:21
Lap 2	3.25	16:16	5:00	8	2:30	31	4:29	6.50	32:52	5:03	16			36	8:07
Last lap Finish	3.25	15:41	4:49	8	7:28	25	7:28	9.75	48:33	4:58	10	15:35		37	15:35