



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Paus, Karl-Heinz**

Club: LG RWE Power

Number: 353

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 48:33

Speed: 11.12 km/h

Running performance: 4:59 min/km

Rank in course/Total: 39 (of 149)

Rank in course/Men: 36 (of 105)

Best time in course: 32:58

Rank in category: 2(of 2)

Best time in the category: 42:57

### 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	15:49	4:51	2	2:12	42	5:34	3.25	15:49	4:51	2	2:12	39	5:34
Lap 2	3.25	16:26	5:03	2	1:48	38	4:39	6.50	32:15	4:57	2	4:00	37	7:30
Last lap Finish	3.25	16:18	5:00	2	1:36	34	8:05	9.75	48:33	4:58	2	5:36	37	15:35