



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Fasold, Frank

Club: WJ Stade

Number: 430

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:13

Speed: 10.97 km/h

Running performance: 5:03 min/km

Rank in course/Total: 40 (of 149)

Rank in course/Men: 38 (of 105)

Best time in course: 32:58

Rank in category: 10(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	16:03	4:56	11	5:48	49	5:48	3.25	16:03	4:56	15			40	5:48
Lap 2	3.25	16:22	5:02	10	2:36	35	4:35	6.50	32:25	4:59	15			38	7:40
Last lap Finish	3.25	16:48	5:10	13	8:35	43	8:35	9.75	49:13	5:02	11	16:15		39	16:15