



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Friedrich, Maik

Club: Rennsteigbezwinger

Number: 366

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:24

Speed: 10.93 km/h

Running performance: 5:04 min/km

Rank in course/Total: 41 (of 149)

Rank in course/Men: 39 (of 105)

Best time in course: 32:58

Rank in category: 5(of 11)

Best time in the category: 45:13

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	15:56	4:54	5	2:14	46	5:41	3.25	15:56	4:54	6		41	5:41
Lap 2	3.25	16:35	5:06	5	1:29	40	4:48	6.50	32:31	5:00	5	2:31	39	7:46
Last lap Finish	3.25	16:53	5:11	5	1:40	44	8:40	9.75	49:24	5:03	5	4:11	40	16:26