



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lenz, Christian

Club: HAZ-Laufgruppe

Number: 327

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:41

Speed: 10.87 km/h

Running performance: 5:06 min/km

Rank in course/Total: 42 (of 149)

Rank in course/Men: 40 (of 105)

Best time in course: 32:58

Rank in category: 11(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	15:39	4:48	10	5:24	39	5:24	3.25	15:39	4:48	14			42	5:24
Lap 2	3.25	16:53	5:11	11	3:07	44	5:06	6.50	32:32	5:00	14			40	7:47
Last lap Finish	3.25	17:09	5:16	14	8:56	47	8:56	9.75	49:41	5:05	12	16:43		41	16:43