



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Gebhardt, Dirk

Club: Bunert Laufsport

Number: 313

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:45

Speed: 10.85 km/h

Running performance: 5:06 min/km

Rank in course/Total: 43 (of 149)

Rank in course/Men: 41 (of 105)

Best time in course: 32:58

Rank in category: 5(of 18)

Best time in the category: 39:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:40	5:07	9	3:53	55	6:25	3.25	16:40	5:07	15		43	6:25
Lap 2	3.25	16:35	5:06	5	3:10	40	4:48	6.50	33:15	5:06	15		41	8:30
Last lap Finish	3.25	16:30	5:04	5	3:12	37	8:17	9.75	49:45	5:06	5	10:15	42	16:47