



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Profft, Ingolf

Club: Gotha

Number: 445

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:26

Speed: 10.71 km/h

Running performance: 5:10 min/km

Rank in course/Total: 45 (of 149)

Rank in course/Men: 43 (of 105)

Best time in course: 32:58

Rank in category: 12(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	16:45	5:09	13	6:30	58	6:30	3.25	16:45	5:09	1	-	45	6:30
Lap 2	3.25	16:57	5:12	12	3:11	45	5:10	6.50	33:42	5:11	1	-	43	8:57
Last lap Finish	3.25	16:44	5:08	10	8:31	40	8:31	9.75	50:26	5:10	13	17:28	44	17:28