



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Leser, Reiner

Club: Erlebnis Bergwerk Merkers

Number: 478

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:30

Speed: 10.69 km/h

Running performance: 5:11 min/km

Rank in course/Total: 46 (of 149)

Rank in course/Men: 44 (of 105)

Best time in course: 32:58

Rank in category: 7(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	16:43	5:08	10	3:56	56	6:28	3.25	16:43	5:08	13			47	6:28
Lap 2	3.25	16:42	5:08	6	3:17	42	4:55	6.50	33:25	5:08	13			45	8:40
Last lap Finish	3.25	17:05	5:15	6	3:47	45	8:52	9.75	50:30	5:10	7	11:00		45	17:32