



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Ruhmann, Andreas

Club: Wabern

Number: 457

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:50

Speed: 10.62 km/h

Running performance: 5:13 min/km

Rank in course/Total: 51 (of 149)

Rank in course/Men: 48 (of 105)

Best time in course: 32:58

Rank in category: 9(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	15:46	4:51	6	2:59	40	5:31	3.25	15:46	4:51	11		50	5:31
Lap 2	3.25	17:37	5:25	10	4:12	53	5:50	6.50	33:23	5:08	11		48	8:38
Last lap Finish	3.25	17:27	5:22	8	4:09	49	9:14	9.75	50:50	5:12	9	11:20	49	17:52