



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hartig, Thomas

Club: SportSchart/SchuhEck RU
Number: 377

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:54

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 52 (of 149)

Rank in course/Men: 49 (of 105)

Best time in course: 32:58

Rank in category: 13(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	16:56	5:12	14	6:41	61	6:41	3.25	16:56	5:12	11	0:11	51	6:41
Lap 2	3.25	17:13	5:17	13	3:27	48	5:26	6.50	34:09	5:15	11	0:27	49	9:24
Last lap Finish	3.25	16:45	5:09	11	8:32	41	8:32	9.75	50:54	5:13	14	17:56	50	17:56