



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Schumann, Ralf

Club: Gehaus

Number: 447

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:55

Speed: 10.61 km/h

Running performance: 5:13 min/km

Rank in course/Total: 53 (of 149)

Rank in course/Men: 50 (of 105)

Best time in course: 32:58

Rank in category: 14(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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	16:46	5:09	12	8:33	42	8:33	9.75	50:55	5:13	15	17:57	51	17:57