



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Elsner, Wolfgang

Club: VfB Fallersleben

Number: 423

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:33

Speed: 10.48 km/h

Running performance: 5:17 min/km

Rank in course/Total: 62 (of 149)

Rank in course/Men: 54 (of 105)

Best time in course: 32:58

Rank in category: 2(of 5)

Best time in the category: 48:05

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	16:28	5:03	2	0:34	53	6:13	3.25	16:28	5:03	2	0:34	56	6:13
Lap 2	3.25	17:12	5:17	2	1:06	47	5:25	6.50	33:40	5:10	2	1:40	54	8:55
Last lap Finish	3.25	17:53	5:30	2	1:48	54	9:40	9.75	51:33	5:17	2	3:28	55	18:35