



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kisling, Andreas

Club: FTSV Heckershausen

Number: 322

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 39:30

Speed: 14.81 km/h

Running performance: 4:03 min/km

Rank in course/Total: 6 (of 149)

Rank in course/Men: 6 (of 105)

Best time in course: 32:58

Rank in category: 1(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	12:47	3:55	1	-	5	2:32	3.25	12:47	3:55	10	-	7	2:32
Lap 2	3.25	13:25	4:07	1	-	5	1:38	6.50	26:12	4:01	10	-	5	1:27
Last lap Finish	3.25	13:18	4:05	1	-	6	5:05	9.75	39:30	4:03	1	-	6	6:32