



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Brodführer, Jochen

Club: SV Wildflecken

Number: 391

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:53

Speed: 10.02 km/h

Running performance: 5:32 min/km

Rank in course/Total: 70 (of 149)

Rank in course/Men: 60 (of 105)

Best time in course: 32:58

Rank in category: 16(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		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:41	5:26	17	7:26	70	7:26	3.25	17:41	5:26	9	0:56	61	7:26
Lap 2	3.25	18:12	5:35	17	4:26	61	6:25	6.50	35:53	5:31	9	2:11	59	11:08
Last lap Finish	3.25	18:00	5:32	15	9:47	57	9:47	9.75	53:53	5:31	17	20:55	61	20:55