



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Deußen, Hans**

Club: Wabern

Number: 451

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:35

Speed: 9.89 km/h

Running performance: 5:36 min/km

Rank in course/Total: 74 (of 149)

Rank in course/Men: 62 (of 105)

Best time in course: 32:58

Rank in category: 5(of 11)

Best time in the category: 39:28

### 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	17:18	5:19	5	4:30	66	7:03	3.25	17:18	5:19	5	4:30	64	7:03
Lap 2	3.25	18:38	5:44	5	5:14	64	6:51	6.50	35:56	5:31	5	9:44	62	11:11
Last lap Finish	3.25	18:39	5:44	5	5:23	65	10:26	9.75	54:35	5:35	5	15:07	63	21:37