



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Ladwig, Jan

Club: EGGER Running Division

Number: 319

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 55:21

Speed: 9.76 km/h

Running performance: 5:41 min/km

Rank in course/Total: 83 (of 149)

Rank in course/Men: 69 (of 105)

Best time in course: 32:58

Rank in category: 18(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:16	5:18	16	7:01	65	7:01	3.25	17:16	5:18	7	0:31	70	7:01
Lap 2	3.25	19:01	5:51	19	5:15	70	7:14	6.50	36:17	5:34	7	2:35	68	11:32
Last lap Finish	3.25	19:04	5:51	20	10:51	70	10:51	9.75	55:21	5:40	19	22:23	70	22:23