



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Komossa, Holger

Club: Weimar

Number: 456

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:34

Speed: 9.72 km/h

Running performance: 5:42 min/km

Rank in course/Total: 84 (of 149)

Rank in course/Men: 70 (of 105)

Best time in course: 32:58

Rank in category: 15(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	19:05	5:52	17	6:18	91	8:50	3.25	19:05	5:52	5	2:18	71	8:50
Lap 2	3.25	18:30	5:41	14	5:05	63	6:43	6.50	37:35	5:46	5	3:17	69	12:50
Last lap Finish	3.25	17:59	5:31	12	4:41	56	9:46	9.75	55:34	5:41	15	16:04	71	22:36