



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hesse, Ingo

Club: TSV Alperstedt

Number: 411

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:47

Speed: 9.68 km/h

Running performance: 5:43 min/km

Rank in course/Total: 85 (of 149)

Rank in course/Men: 71 (of 105)

Best time in course: 32:58

Rank in category: 6(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	16:27	5:03	4	3:39	52	6:12	3.25	16:27	5:03	6	3:39	72	6:12
Lap 2	3.25	19:18	5:56	6	5:54	76	7:31	6.50	35:45	5:30	6	9:33	70	11:00
Last lap Finish	3.25	20:02	6:09	8	6:46	81	11:49	9.75	55:47	5:43	6	16:19	72	22:49