



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rübsam, Klaus-Dieter

Club: Unterbreizbach

Number: 458

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:31

Speed: 9.55 km/h

Running performance: 5:48 min/km

Rank in course/Total: 89 (of 149)

Rank in course/Men: 74 (of 105)

Best time in course: 32:58

Rank in category: 16(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	17:36	5:24	13	4:49	68	7:21	3.25	17:36	5:24	4	0:49	74	7:21
Lap 2	3.25	19:00	5:50	16	5:35	69	7:13	6.50	36:36	5:37	4	2:18	72	11:51
Last lap Finish	3.25	19:55	6:07	16	6:37	80	11:42	9.75	56:31	5:47	16	17:01	75	23:33