



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |