



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Bosman, Jürgen

Club: Hemdener Sportverein 1970

Number: 328

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:35

Speed: 9.54 km/h

Running performance: 5:48 min/km

Rank in course/Total: 91 (of 149)

Rank in course/Men: 75 (of 105)

Best time in course: 32:58

Rank in category: 7(of 11)

Best time in the category: 45:13

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	17:45	5:27	6	4:03	71	7:30	3.25	17:45	5:27	8		76	7:30
Lap 2	3.25	19:13	5:54	7	4:07	74	7:26	6.50	36:58	5:41	7	6:58	74	12:13
Last lap Finish	3.25	19:37	6:02	7	4:24	77	11:24	9.75	56:35	5:48	7	11:22	76	23:37