



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

### Spindler, Steffen

Club: Egger Holzwerkstoffe Wismar  
Number: 318

Course: 9.75 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:36

Speed: 9.54 km/h

Running performance: 5:49 min/km

Rank in course/Total: 92 (of 149)

Rank in course/Men: 76 (of 105)

Best time in course: 32:58

Rank in category: 20(of 24)

Best time in the category: 32:58

### 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	17:54	5:30	19	7:39	75	7:39	3.25	17:54	5:30	4	1:09	79	7:39
Lap 2	3.25	19:04	5:51	20	5:18	71	7:17	6.50	36:58	5:41	4	3:16	74	12:13
Last lap Finish	3.25	19:38	6:02	21	11:25	78	11:25	9.75	56:36	5:48	21	23:38	77	23:38