



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Siegmund, Henning

Club: Durst wird durch Bier erst schön!
Number: 1157

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 57:17

Speed: 9.43 km/h
Running performance: 5:53 min/km

Rank in course/Total: 99 (of 163)

Rank in course/Men: 81 (of 115)

Best time in course: 34:41

Rank in category: 15(of 27)

Best time in the category: 40:44

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	17:37	5:25	13	4:40	72	6:25	3.25	17:37	5:25	14	2:44	81	6:25
Lap 2	3.25	20:09	6:11	18	6:16	88	8:26	6.50	37:46	5:48	12	7:36	81	14:46
Last lap Finish	3.25	19:31	6:00	15	5:37	80	8:07	9.75	57:17	5:52	15	16:33	81	22:36