



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schminnes, Heiko

Club: Uhlstädt-Kirchhasel

Number: 1147

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:34

Speed: 9.38 km/h

Running performance: 5:54 min/km

Rank in course/Total: 101 (of 163)

Rank in course/Men: 83 (of 115)

Best time in course: 34:41

Rank in category: 16(of 19)

Best time in the category: 39:05

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	17:44	5:27	14	5:18	77	6:32	3.25	17:44	5:27	5	2:57	83	6:32
Lap 2	3.25	19:53	6:07	16	6:31	86	8:10	6.50	37:37	5:47	5	5:44	83	14:37
Last lap Finish	3.25	19:57	6:08	17	6:44	86	8:33	9.75	57:34	5:54	16	18:29	83	22:53