



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Grebe, Martin

Club: Laufftreff Altensteiner Park

Number: 1052

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:06

Speed: 9.14 km/h

Running performance: 6:04 min/km

Rank in course/Total: 110 (of 163)

Rank in course/Men: 89 (of 115)

Best time in course: 34:41

Rank in category: 16(of 20)

Best time in the category: 42:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:31	6:00	17	5:45	95	8:19	3.25	19:31	6:00	6	2:32	89	8:19
Lap 2	3.25	19:49	6:05	16	5:21	84	8:06	6.50	39:20	6:03	6	4:15	89	16:20
Last lap Finish	3.25	19:46	6:04	15	5:19	83	8:22	9.75	59:06	6:03	16	16:25	89	24:25