



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Sojka, Thorsten

Club: Hamburg

Number: 1160

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 59:13

Speed: 9.12 km/h

Running performance: 6:04 min/km

Rank in course/Total: 112 (of 163)

Rank in course/Men: 91 (of 115)

Best time in course: 34:41

Rank in category: 18(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	17:53	5:30	16	4:56	80	6:41	3.25	17:53	5:30	11	3:00	91	6:41
Lap 2	3.25	20:54	6:25	21	7:01	95	9:11	6.50	38:47	5:58	11	8:37	91	15:47
Last lap Finish	3.25	20:26	6:17	20	6:32	91	9:02	9.75	59:13	6:04	18	18:29	91	24:32