



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Friedrich, Jürgen

Club: Laufburschen Ilmenau

Number: 1042

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 59:44

Speed: 9.04 km/h

Running performance: 6:08 min/km

Rank in course/Total: 115 (of 163)

Rank in course/Men: 93 (of 115)

Best time in course: 34:41

Rank in category: 7(of 8)

Best time in the category: 48:18

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	19:33	6:00	7	4:30	96	8:21	3.25	19:33	6:00	7	4:30	93	8:21
Lap 2	3.25	20:14	6:13	7	3:43	89	8:31	6.50	39:47	6:07	7	8:13	93	16:47
Last lap Finish	3.25	19:57	6:08	7	3:33	86	8:33	9.75	59:44	6:07	7	11:26	93	25:03