



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Metje, Thomas

Club: LG Grohnde

Number: 1110

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:52

Speed: 8.87 km/h

Running performance: 6:14 min/km

Rank in course/Total: 118 (of 163)

Rank in course/Men: 94 (of 115)

Best time in course: 34:41

Rank in category: 18(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	19:34	6:01	18	7:08	97	8:22	3.25	19:34	6:01	3	4:47	94	8:22
Lap 2	3.25	21:06	6:29	18	7:44	96	9:23	6.50	40:40	6:15	3	8:47	94	17:40
Last lap Finish	3.25	20:12	6:12	18	6:59	88	8:48	9.75	1:00:52	6:14	18	21:47	94	26:11