



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Diesing, Kai

Club: LG Grohnde

Number: 1026

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:01:06

Speed: 8.84 km/h

Running performance: 6:16 min/km

Rank in course/Total: 120 (of 163)

Rank in course/Men: 96 (of 115)

Best time in course: 34:41

Rank in category: 14(of 15)

Best time in the category: 42:31

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	14	5:55	97	8:22	3.25	19:34	6:01	14	5:55	94	8:22
Lap 2	3.25	21:06	6:29	14	6:36	96	9:23	6.50	40:40	6:15	14	12:29	94	17:40
Last lap Finish	3.25	20:26	6:17	12	6:06	91	9:02	9.75	1:01:06	6:15	14	18:35	96	26:25