



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Jäger, Rune

Club: LG Grohnde

Number: 1074

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:03:08

Speed: 8.55 km/h

Running performance: 6:29 min/km

Rank in course/Total: 126 (of 163)

Rank in course/Men: 99 (of 115)

Best time in course: 34:41

Rank in category: 22(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 | 19:29 | 5:59 | 21 | 6:32 | 94 | 8:17 | 3.25 | 19:29 | 5:59 | 7 | 4:36 | 99 | 8:17 |
| Lap 2 | 3.25 | 20:42 | 6:22 | 19 | 6:49 | 93 | 8:59 | 6.50 | 40:11 | 6:10 | 7 | 10:01 | 99 | 17:11 |
| Last lap Finish | 3.25 | 22:57 | 7:03 | 25 | 9:03 | 107 | 11:33 | 9.75 | 1:03:08 | 6:28 | 22 | 22:24 | 99 | 28:27 |