



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Knochenhauer, Peter

Club: BSG Bosch

Number: 1082

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:05:10

Speed: 8.29 km/h

Running performance: 6:41 min/km

Rank in course/Total: 133 (of 163)

Rank in course/Men: 101 (of 115)

Best time in course: 34:41

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:37	6:20	8	5:34	101	9:25	3.25	20:37	6:20	8	5:34	102	9:25
Lap 2	3.25	22:05	6:47	8	5:34	102	10:22	6.50	42:42	6:34	8	11:08	102	19:42
Last lap Finish	3.25	22:28	6:54	8	6:04	105	11:04	9.75	1:05:10	6:41	8	16:52	101	30:29