



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Grabow, Jens

Club: BSV EGGER Running Division

Number: 1051

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:06:45

Speed: 8.09 km/h

Running performance: 6:51 min/km

Rank in course/Total: 139 (of 163)

Rank in course/Men: 106 (of 115)

Best time in course: 34:41

Rank in category: 25(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	19:57	6:08	22	7:00	99	8:45	3.25	19:57	6:08	4	5:04	106	8:45
Lap 2	3.25	21:31	6:37	23	7:38	100	9:48	6.50	41:28	6:22	4	11:18	106	18:28
Last lap Finish	3.25	25:17	7:46	26	11:23	111	13:53	9.75	1:06:45	6:50	25	26:01	106	32:04