



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Redbrake, Ulrich

Club: TV Friesen Telgte

Number: 1135

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:10:25

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 149 (of 163)

Rank in course/Men: 111 (of 115)

Best time in course: 34:41

Rank in category: 19(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	23:44	7:18	19	11:18	112	12:32	3.25	23:44	7:18	2	8:57	111	12:32
Lap 2	3.25	23:35	7:15	19	10:13	109	11:52	6.50	47:19	7:16	2	15:26	111	24:19
Last lap Finish	3.25	23:06	7:06	19	9:53	108	11:42	9.75	1:10:25	7:13	19	31:20	111	35:44