



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Weber, Urs

Club: Runners World

Number: 1181

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:30

Speed: 12.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 18 (of 163)

Rank in course/Men: 17 (of 115)

Best time in course: 34:41

Rank in category: 3(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	14:23	4:25	3	1:57	20	3:11	3.25	14:23	4:25	18			17	3:11
Lap 2	3.25	14:56	4:35	3	1:34	14	3:13	6.50	29:19	4:30	18			17	6:19
Last lap Finish	3.25	15:11	4:40	3	1:58	21	3:47	9.75	44:30	4:33	3	5:25		17	9:49