



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schwanitz, Holger

Club: WSV Trusetal

Number: 1152

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:38

Speed: 12.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 19 (of 163)

Rank in course/Men: 18 (of 115)

Best time in course: 34:41

Rank in category: 3(of 20)

Best time in the category: 42:41

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	14:46	4:32	4	1:00	24	3:34	3.25	14:46	4:32	19			18	3:34
Lap 2	3.25	15:01	4:37	2	0:33	15	3:18	6.50	29:47	4:34	19			18	6:47
Last lap Finish	3.25	14:51	4:34	2	0:24	14	3:27	9.75	44:38	4:34	3	1:57		18	9:57