



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Best, Stefan

Club: team-naunheim.de

Number: 1006

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:12

Speed: 11.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 23 (of 163)

Rank in course/Men: 22 (of 115)

Best time in course: 34:41

Rank in category: 4(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	14:36	4:29	4	2:10	21	3:24	3.25	14:36	4:29	17		22	3:24
Lap 2	3.25	15:15	4:41	4	1:53	22	3:32	6.50	29:51	4:35	17		22	6:51
Last lap Finish	3.25	15:21	4:43	4	2:08	22	3:57	9.75	45:12	4:38	4	6:07	22	10:31