



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Schran, Holger

Club: Wölferbütt

Number: 1149

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:29

Speed: 11.37 km/h

Running performance: 4:52 min/km

Rank in course/Total: 27 (of 163)

Rank in course/Men: 25 (of 115)

Best time in course: 34:41

Rank in category: 5(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	15:45	4:50	8	3:19	34	4:33	3.25	15:45	4:50	16	0:58	23	4:33
Lap 2	3.25	16:09	4:58	5	2:47	28	4:26	6.50	31:54	4:54	16	0:01	23	8:54
Last lap Finish	3.25	15:35	4:47	5	2:22	24	4:11	9.75	47:29	4:52	5	8:24	25	12:48