



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Bourcarde, Markus

Club: team-naunheim.de

Number: 1012

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:55

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 33 (of 163)

Rank in course/Men: 29 (of 115)

Best time in course: 34:41

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:44	4:31	5	2:18	23	3:32	3.25	14:44	4:31	15		27	3:32
Lap 2	3.25	16:10	4:58	6	2:48	29	4:27	6.50	30:54	4:45	15		27	7:54
Last lap Finish	3.25	17:01	5:14	9	3:48	41	5:37	9.75	47:55	4:54	6	8:50	29	13:14