



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Wegner, Witold

Club: Griesheim

Number: 1183

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:11

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 36 (of 163)

Rank in course/Men: 32 (of 115)

Best time in course: 34:41

Rank in category: 8(of 27)

Best time in the category: 40:44

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	16:27	5:03	9	3:30	49	5:15	3.25	16:27	5:03	20	1:34	30	5:15
Lap 2	3.25	16:08	4:57	7	2:15	27	4:25	6.50	32:35	5:00	23	2:25	30	9:35
Last lap Finish	3.25	15:36	4:47	4	1:42	25	4:12	9.75	48:11	4:56	8	7:27	32	13:30