



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Siegmund, Roland

Club: TV Igstadt

Number: 1158

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:34

Speed: 11.12 km/h

Running performance: 4:59 min/km

Rank in course/Total: 39 (of 163)

Rank in course/Men: 35 (of 115)

Best time in course: 34:41

Rank in category: 5(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	15:55	4:53	5	2:09	37	4:43	3.25	15:55	4:53	17			33	4:43
Lap 2	3.25	16:33	5:05	5	2:05	38	4:50	6.50	32:28	4:59	17			33	9:28
Last lap Finish	3.25	16:06	4:57	5	1:39	31	4:42	9.75	48:34	4:58	5	5:53		35	13:53