



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Mandler, Carsten

Club: team-naunheim.de

Number: 1103

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:22

Speed: 10.94 km/h

Running performance: 5:04 min/km

Rank in course/Total: 41 (of 163)

Rank in course/Men: 37 (of 115)

Best time in course: 34:41

Rank in category: 8(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	16:46	5:09	12	4:20	59	5:34	3.25	16:46	5:09	13	1:59	34	5:34
Lap 2	3.25	16:31	5:04	8	3:09	35	4:48	6.50	33:17	5:07	13	1:24	34	10:17
Last lap Finish	3.25	16:05	4:56	6	2:52	30	4:41	9.75	49:22	5:03	8	10:17	37	14:41