



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pannhorst, Hans

Club: BSG Bosch

Number: 1124

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:37

Speed: 10.88 km/h

Running performance: 5:05 min/km

Rank in course/Total: 43 (of 163)

Rank in course/Men: 39 (of 115)

Best time in course: 34:41

Rank in category: 2(of 8)

Best time in the category: 48:18

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	16:03	4:56	3	1:00	43	4:51	3.25	16:03	4:56	2	1:00	36	4:51
Lap 2	3.25	16:44	5:08	2	0:13	40	5:01	6.50	32:47	5:02	2	1:13	36	9:47
Last lap Finish	3.25	16:50	5:10	3	0:26	39	5:26	9.75	49:37	5:05	2	1:19	39	14:56