



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pantke, Uwe

Club: SG Eisdorf

Number: 1125

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:40

Speed: 10.87 km/h

Running performance: 5:05 min/km

Rank in course/Total: 44 (of 163)

Rank in course/Men: 40 (of 115)

Best time in course: 34:41

Rank in category: 10(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	14:47	4:32	6	2:21	26	3:35	3.25	14:47	4:32	1	-	37	3:35
Lap 2	3.25	17:06	5:15	11	3:44	47	5:23	6.50	31:53	4:54	1	-	37	8:53
Last lap Finish	3.25	17:47	5:28	10	4:34	49	6:23	9.75	49:40	5:05	10	10:35	40	14:59