



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Spangenberg, Marc

Club: Bad Hersfeld

Number: 1161

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:14

Speed: 11.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 26 (of 163)

Rank in course/Men: 24 (of 115)

Best time in course: 34:41

Rank in category: 5(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	13:49	4:15	2	0:52	14	2:37	3.25	13:49	4:15	22			38	2:37
Lap 2	3.25	15:55	4:53	6	2:02	25	4:12	6.50	29:44	4:34	22			38	6:44
Last lap Finish	3.25	17:30	5:23	10	3:36	46	6:06	9.75	47:14	4:50	5	6:30		24	12:33