



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Lüdtke, Andreas

Club: Wasserwacht Rostock

Number: 1101

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:53

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 45 (of 163)

Rank in course/Men: 41 (of 115)

Best time in course: 34:41

Rank in category: 6(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	16:06	4:57	6	2:20	44	4:54	3.25	16:06	4:57	16			39	4:54
Lap 2	3.25	16:59	5:13	6	2:31	44	5:16	6.50	33:05	5:05	16			39	10:05
Last lap Finish	3.25	16:48	5:10	6	2:21	38	5:24	9.75	49:53	5:06	6	7:12		41	15:12