



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Feldhaus, Carsten

Club: BSG Bosch

Number: 1036

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:57

Speed: 10.81 km/h

Running performance: 5:07 min/km

Rank in course/Total: 46 (of 163)

Rank in course/Men: 42 (of 115)

Best time in course: 34:41

Rank in category: 3(of 9)

Best time in the category: 40:32

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	16:33	5:05	6	3:23	54	5:21	3.25	16:33	5:05	3	3:23	41	5:21
Lap 2	3.25	16:57	5:12	3	3:14	43	5:14	6.50	33:30	5:09	3	6:37	41	10:30
Last lap Finish	3.25	16:27	5:03	3	2:48	35	5:03	9.75	49:57	5:07	3	9:25	42	15:16