



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Birkholz, Siegfried

Club: Kaufungen

Number: 1008

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:14

Speed: 10.75 km/h

Running performance: 5:09 min/km

Rank in course/Total: 47 (of 163)

Rank in course/Men: 43 (of 115)

Best time in course: 34:41

Rank in category: 3(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	17:05	5:15	5	2:02	66	5:53	3.25	17:05	5:15	3	2:02	42	5:53
Lap 2	3.25	16:45	5:09	3	0:14	41	5:02	6.50	33:50	5:12	3	2:16	42	10:50
Last lap Finish	3.25	16:24	5:02	1	-	33	5:00	9.75	50:14	5:09	3	1:56	43	15:33