



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Fischer, Steffen

Club: BSG Bosch

Number: 1040

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:23

Speed: 10.72 km/h

Running performance: 5:10 min/km

Rank in course/Total: 49 (of 163)

Rank in course/Men: 44 (of 115)

Best time in course: 34:41

Rank in category: 11(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	15:57	4:54	10	3:31	39	4:45	3.25	15:57	4:54	9	1:10	43	4:45
Lap 2	3.25	16:33	5:05	9	3:11	38	4:50	6.50	32:30	5:00	10	0:37	43	9:30
Last lap Finish	3.25	17:53	5:30	12	4:40	56	6:29	9.75	50:23	5:10	11	11:18	44	15:42