



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Fröba, Markus

Club: Team Icehouse

Number: 1043

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:12

Speed: 10.55 km/h

Running performance: 5:15 min/km

Rank in course/Total: 54 (of 163)

Rank in course/Men: 48 (of 115)

Best time in course: 34:41

Rank in category: 5(of 15)

Best time in the category: 42:31

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	16:49	5:10	8	3:10	61	5:37	3.25	16:49	5:10	5	3:10	47	5:37
Lap 2	3.25	17:13	5:17	5	2:43	49	5:30	6.50	34:02	5:14	5	5:51	47	11:02
Last lap Finish	3.25	17:10	5:16	6	2:50	43	5:46	9.75	51:12	5:15	5	8:41	48	16:31