



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Siekiera, Ingo

Club: burkardroth

Number: 1159

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:22

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 56 (of 163)

Rank in course/Men: 50 (of 115)

Best time in course: 34:41

Rank in category: 7(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	16:22	5:02	7	2:36	48	5:10	3.25	16:22	5:02	15			49	5:10
Lap 2	3.25	17:09	5:16	7	2:41	48	5:26	6.50	33:31	5:09	15			49	10:31
Last lap Finish	3.25	17:51	5:29	7	3:24	55	6:27	9.75	51:22	5:16	7	8:41		50	16:41