



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Oechel, Lars

Club: Frankfurt

Number: 1121

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 52:00

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 60 (of 163)

Rank in course/Men: 53 (of 115)

Best time in course: 34:41

Rank in category: 7(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	17:41	5:26	10	4:02	73	6:29	3.25	17:41	5:26	7	4:02	52	6:29
Lap 2	3.25	17:24	5:21	6	2:54	52	5:41	6.50	35:05	5:23	7	6:54	52	12:05
Last lap Finish	3.25	16:55	5:12	5	2:35	40	5:31	9.75	52:00	5:19	7	9:29	53	17:19