



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Wendland, Arnd

Club: BSG Bosch

Number: 1187

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:04

Speed: 10.37 km/h

Running performance: 5:20 min/km

Rank in course/Total: 62 (of 163)

Rank in course/Men: 55 (of 115)

Best time in course: 34:41

Rank in category: 12(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	17:15	5:18	12	3:53	50	5:32	6.50	33:12	5:06	9	1:19	53	10:12
Last lap Finish	3.25	18:52	5:48	13	5:39	70	7:28	9.75	52:04	5:20	12	12:59	55	17:23