



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Henselmann, Frank

Club: TuS Eintracht Bielefeld

Number: 1065

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:20

Speed: 13.73 km/h

Running performance: 4:02 min/km

Rank in course/Total: 4 (of 163)

Rank in course/Men: 4 (of 115)

Best time in course: 34:41

Rank in category: 2(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	12:26	3:49	1	-	3	1:14	3.25	12:26	3:49	19		4	1:14
Lap 2	3.25	13:22	4:06	1	-	3	1:39	6.50	25:48	3:58	19		4	2:48
Last lap Finish	3.25	13:32	4:09	2	0:19	4	2:08	9.75	39:20	4:02	2	0:15	4	4:39