



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Grunwald, Andreas**

Club: LT Oberwald

Number: 1055

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:55

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course/Total: 74 (of 163)

Rank in course/Men: 61 (of 115)

Best time in course: 34:41

Rank in category: 12(of 27)

Best time in the category: 40:44

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 16:54         | 5:11            | 12          | 3:57           | 62          | 5:42          | 3.25          | 16:54         | 5:11            | 18          | 2:01           | 60         | 5:42          |
| Lap 2           | 3.25        | 17:30         | 5:23            | 11          | 3:37           | 53          | 5:47          | 6.50          | 34:24         | 5:17            | 18          | 4:14           | 60         | 11:24         |
| Last lap Finish | 3.25        | 18:31         | 5:41            | 14          | 4:37           | 64          | 7:07          | 9.75          | 52:55         | 5:25            | 12          | 12:11          | 61         | 18:14         |