



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: 10.20 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 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	16:54	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