



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Yilmaz, Gökhan

Club: Hamburg

Number: 1193

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:04

Speed: 10.18 km/h

Running performance: 5:26 min/km

Rank in course/Total: 78 (of 163)

Rank in course/Men: 64 (of 115)

Best time in course: 34:41

Rank in category: 13(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	17:46	5:28	15	4:49	78	6:34	3.25	17:46	5:28	17	2:53	63	6:34
Lap 2	3.25	17:34	5:24	12	3:41	55	5:51	6.50	35:20	5:26	17	5:10	63	12:20
Last lap Finish	3.25	17:44	5:27	11	3:50	47	6:20	9.75	53:04	5:26	13	12:20	64	18:23