



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Kraus, Norbert

Club: Skat Klub Leichlingen

Number: 1086

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:45

Speed: 10.05 km/h

Running performance: 5:31 min/km

Rank in course/Total: 82 (of 163)

Rank in course/Men: 68 (of 115)

Best time in course: 34:41

Rank in category: 9(of 20)

Best time in the category: 42:41

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	17:41	5:26	14	3:55	73	6:29	3.25	17:41	5:26	13	0:42	52	6:29
Lap 2	3.25	17:46	5:28	8	3:18	60	6:03	6.50	35:27	5:27	13	0:22	67	12:27
Last lap Finish	3.25	18:18	5:37	9	3:51	62	6:54	9.75	53:45	5:30	9	11:04	68	19:04