



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Deinhard, Jens-Uwe

Club: Laufburschen Ilmenau

Number: 1025

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:28

Speed: 9.91 km/h

Running performance: 5:35 min/km

Rank in course/Total: 85 (of 163)

Rank in course/Men: 70 (of 115)

Best time in course: 34:41

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:59	5:13	11	3:13	64	5:47	3.25	16:59	5:13	1	-	69	5:47
Lap 2	3.25	18:06	5:34	10	3:38	69	6:23	6.50	35:05	5:23	1	-	52	12:05
Last lap Finish	3.25	19:23	5:57	14	4:56	78	7:59	9.75	54:28	5:35	11	11:47	70	19:47