



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Massoth, Michael

Club: Die krassen Buben

Number: 1106

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:04

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 90 (of 163)

Rank in course/Men: 74 (of 115)

Best time in course: 34:41

Rank in category: 14(of 19)

Best time in the category: 39:05

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	17:28	5:22	13	5:02	70	6:16	3.25	17:28	5:22	7	2:41	73	6:16
Lap 2	3.25	18:22	5:39	13	5:00	72	6:39	6.50	35:50	5:30	7	3:57	73	12:50
Last lap Finish	3.25	19:14	5:55	15	6:01	75	7:50	9.75	55:04	5:38	14	15:59	74	20:23