



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Loew, Norbert

Club: Bad Neustadt

Number: 1098

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:07

Speed: 9.80 km/h

Running performance: 5:39 min/km

Rank in course/Total: 91 (of 163)

Rank in course/Men: 75 (of 115)

Best time in course: 34:41

Rank in category: 13(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	17:03	5:14	12	3:17	65	5:51	3.25	17:03	5:14	9	0:04	74	5:51
Lap 2	3.25	18:57	5:49	14	4:29	79	7:14	6.50	36:00	5:32	9	0:55	74	13:00
Last lap Finish	3.25	19:07	5:52	13	4:40	73	7:43	9.75	55:07	5:39	13	12:26	75	20:26