



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Tenner, Uwe

Club: Wolfsburg

Number: 1168

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:10

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 94 (of 163)

Rank in course/Men: 78 (of 115)

Best time in course: 34:41

Rank in category: 15(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	18:28	5:40	16	6:02	87	7:16	3.25	18:28	5:40	6	3:41	77	7:16
Lap 2	3.25	18:34	5:42	15	5:12	75	6:51	6.50	37:02	5:41	6	5:09	77	14:02
Last lap Finish	3.25	19:08	5:53	14	5:55	74	7:44	9.75	56:10	5:45	15	17:05	78	21:29