



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Koch, Dominik

Club: TV barchfeld

Number: 1179

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 34:12

Speed: 15.79 km/h

Running performance: 3:31 min/km

Rank in course/Total: 1 (of 326)

Rank in course/Men: 1 (of 246)

Best time in course: 34:12

Rank in category: 1(of 40)

Best time in the category: 34:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men				
Lap 1	3.25	11:03	3:24	1	-	1	-	3.25	11:03	3:24	1	-	1	-			
Lap 2	3.25	11:38	3:34	1	-	3	0:01	6.50	22:41	3:29	1	-	1	-			
Last lap Finish	3.25	11:31	3:32	1	-	3	0:02	9.75	34:12	3:30	1	-	1	-			