



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Zipper, Michael

Club: TSV Oberweier

Number: 1056

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:02

Speed: 9.64 km/h

Running performance: 5:45 min/km

Rank in course/Total: 215 (of 326)

Rank in course/Men: 96 (of 246)

Best time in course: 34:12

Rank in category: 15(of 42)

Best time in the category: 38:20

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	17:42	5:26	33	5:40	191	6:39	3.25	17:42	5:26	33	5:40	191	6:39
Lap 2	3.25	19:08	5:53	29	5:59	189	7:31	6.50	36:50	5:40	29	11:39	185	14:09
Last lap Finish	3.25	19:12	5:54	31	6:03	187	7:43	9.75	56:02	5:44	29	17:42	191	21:50