



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

**Holtkamp, Christian**

Club: LV Bad Honnef

Number: 1031

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:20

Speed: 9.59 km/h

Running performance: 5:47 min/km

Rank in course/Total: 220 (of 326)

Rank in course/Men: 97 (of 246)

Best time in course: 34:12

Rank in category: 16(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:45	5:27	33	6:42	195	6:42	3.25	17:45	5:27	33	6:42	195	6:42
Lap 2	3.25	19:12	5:54	31	7:34	191	7:35	6.50	36:57	5:41	33	14:16	189	14:16
Last lap Finish	3.25	19:23	5:57	31	7:52	191	7:54	9.75	56:20	5:46	31	22:08	193	22:08