



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Gwosdz, Torsten

Club: alexs little running club

Number: 1039

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:59

Speed: 9.48 km/h

Running performance: 5:50 min/km

Rank in course/Total: 227 (of 326)

Rank in course/Men: 98 (of 246)

Best time in course: 34:12

Rank in category: 17(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	17:42	5:26	31	6:39	191	6:39	3.25	17:42	5:26	31	6:39	191	6:39
Lap 2	3.25	19:14	5:55	33	7:36	193	7:37	6.50	36:56	5:40	31	14:15	187	14:15
Last lap Finish	3.25	20:03	6:10	35	8:32	201	8:34	9.75	56:59	5:50	33	22:47	195	22:47