



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Frischknecht, Holger

Club: Sportfreunde Leubingen

Number: 1067

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:23

Speed: 9.41 km/h

Running performance: 5:53 min/km

Rank in course/Total: 235 (of 326)

Rank in course/Men: 99 (of 246)

Best time in course: 34:12

Rank in category: 16(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	18:06	5:34	35	6:04	201	7:03	3.25	18:06	5:34	35	6:04	201	7:03
Lap 2	3.25	19:40	6:03	31	6:31	195	8:03	6.50	37:46	5:48	33	12:35	203	15:05
Last lap Finish	3.25	19:37	6:02	33	6:28	197	8:08	9.75	57:23	5:53	31	19:03	197	23:11