



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Sicilia, Francesco

Club: TSV Heiligenrode

Number: 1035

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:14

Speed: 13.42 km/h

Running performance: 4:08 min/km

Rank in course/Total: 23 (of 326)

Rank in course/Men: 11 (of 246)

Best time in course: 34:12

Rank in category: 2(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	12:52	3:57	3	1:49	29	1:49	3.25	12:52	3:57	3	1:49	29	1:49
Lap 2	3.25	13:38	4:11	3	2:00	21	2:01	6.50	26:30	4:04	3	3:49	19	3:49
Last lap Finish	3.25	13:44	4:13	5	2:13	23	2:15	9.75	40:14	4:07	3	6:02	21	6:02