



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kühn, Michael

Club: alexs little running club

Number: 1012

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:59

Speed: 9.31 km/h

Running performance: 5:57 min/km

Rank in course/Total: 243 (of 326)

Rank in course/Men: 100 (of 246)

Best time in course: 34:12

Rank in category: 8(of 18)

Best time in the category: 38:28

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	17:36	5:24	17	5:40	181	6:33	3.25	17:36	5:24	17	5:40	181	6:33
Lap 2	3.25	19:53	6:07	15	6:38	203	8:16	6.50	37:29	5:46	15	12:18	195	14:48
Last lap Finish	3.25	20:30	6:18	15	7:35	211	9:01	9.75	57:59	5:56	15	19:31	199	23:47