



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Suhr, Sebastian

Club: alexs little running club

Number: 1011

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: 244 (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 | 17:35 | 5:24 | 15 | 5:39 | 177 | 6:32 | 3.25 | 17:35 | 5:24 | 15 | 5:39 | 177 | 6:32 |
| Lap 2 | 3.25 | 19:54 | 6:07 | 17 | 6:39 | 205 | 8:17 | 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 |