



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Adelmann, Klaus

Club: Runme
Number: 1186

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:32

Speed: 9.23 km/h
Running performance: 6:00 min/km

Rank in course/Total: 249 (of 326)

Rank in course/Men: 103 (of 246)

Best time in course: 34:12

Rank in category: 18(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	19:02	5:51	37	7:59	219	7:59	3.25	19:02	5:51	37	7:59	219	7:59
Lap 2	3.25	20:04	6:10	35	8:26	213	8:27	6.50	39:06	6:00	35	16:25	215	16:25
Last lap Finish	3.25	19:26	5:58	33	7:55	193	7:57	9.75	58:32	6:00	35	24:20	205	24:20