



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hochwitz, Jens

Club: Oberursel

Number: 1048

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:56

Speed: 9.16 km/h

Running performance: 6:02 min/km

Rank in course/Total: 253 (of 326)

Rank in course/Men: 105 (of 246)

Best time in course: 34:12

Rank in category: 17(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	18:29	5:41	37	6:27	209	7:26	3.25	18:29	5:41	37	6:27	209	7:26
Lap 2	3.25	19:50	6:06	33	6:41	199	8:13	6.50	38:19	5:53	37	13:08	207	15:38
Last lap Finish	3.25	20:37	6:20	37	7:28	215	9:08	9.75	58:56	6:02	33	20:36	209	24:44