



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Barth, Dirk

Club: Frankfurt

Number: 1047

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:17

Speed: 9.11 km/h

Running performance: 6:05 min/km

Rank in course/Total: 257 (of 326)

Rank in course/Men: 107 (of 246)

Best time in course: 34:12

Rank in category: 19(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	18:46	5:46	39	6:44	217	7:43	3.25	18:46	5:46	39	6:44	217	7:43
Lap 2	3.25	20:23	6:16	41	7:14	221	8:46	6.50	39:09	6:01	39	13:58	219	16:28
Last lap Finish	3.25	20:08	6:11	35	6:59	203	8:39	9.75	59:17	6:04	37	20:57	213	25:05