



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Leder, Stefan

Club: TuS St. Sebastian AH

Number: 1050

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:29

Speed: 9.08 km/h

Running performance: 6:06 min/km

Rank in course/Total: 261 (of 326)

Rank in course/Men: 109 (of 246)

Best time in course: 34:12

Rank in category: 20(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	17:38	5:25	29	5:36	183	6:35	3.25	17:38	5:25	29	5:36	183	6:35
Lap 2	3.25	20:20	6:15	39	7:11	219	8:43	6.50	37:58	5:50	35	12:47	205	15:17
Last lap Finish	3.25	21:31	6:37	39	8:22	225	10:02	9.75	59:29	6:06	39	21:09	217	25:17