



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Heinelt, Hubertus

Club: TSV Glinde

Number: 1065

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:09

Speed: 8.83 km/h

Running performance: 6:16 min/km

Rank in course/Total: 269 (of 326)

Rank in course/Men: 111 (of 246)

Best time in course: 34:12

Rank in category: 21(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	22:12	6:49	41	10:10	243	11:09	3.25	22:12	6:49	41	10:10	243	11:09
Lap 2	3.25	20:03	6:10	37	6:54	211	8:26	6.50	42:15	6:30	41	17:04	233	19:34
Last lap Finish	3.25	18:54	5:48	29	5:45	183	7:25	9.75	1:01:09	6:16	41	22:49	221	26:57