



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Döring, Thomas

Club: P&G Running

Number: 1073

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:01:24

Speed: 8.79 km/h

Running performance: 6:18 min/km

Rank in course/Total: 273 (of 326)

Rank in course/Men: 112 (of 246)

Best time in course: 34:12

Rank in category: 18(of 46)

Best time in the category: 39:19

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	18:35	5:43	35	6:23	215	7:32	3.25	18:35	5:43	35	6:23	215	7:32
Lap 2	3.25	21:49	6:42	39	8:27	227	10:12	6.50	40:24	6:12	35	14:50	221	17:43
Last lap Finish	3.25	21:00	6:27	35	7:15	217	9:31	9.75	1:01:24	6:17	35	22:05	223	27:12