



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Stutzke, Rüdiger

Club: TuS St. Sebastian AH

Number: 1072

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:35

Speed: 8.63 km/h

Running performance: 6:25 min/km

Rank in course/Total: 279 (of 326)

Rank in course/Men: 113 (of 246)

Best time in course: 34:12

Rank in category: 19(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	19:42	6:03	39	7:30	227	8:39	3.25	19:42	6:03	39	7:30	227	8:39
Lap 2	3.25	21:25	6:35	37	8:03	225	9:48	6.50	41:07	6:19	37	15:33	225	18:26
Last lap Finish	3.25	21:28	6:36	39	7:43	223	9:59	9.75	1:02:35	6:25	37	23:16	225	28:23