



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Wilken, Helge

Club: LG Ostfriesland

Number: 1068

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:03:02

Speed: 8.57 km/h

Running performance: 6:28 min/km

Rank in course/Total: 284 (of 326)

Rank in course/Men: 114 (of 246)

Best time in course: 34:12

Rank in category: 20(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	20:07	6:11	41	7:55	233	9:04	3.25	20:07	6:11	41	7:55	233	9:04
Lap 2	3.25	21:23	6:34	35	8:01	223	9:46	6.50	41:30	6:23	39	15:56	227	18:49
Last lap Finish	3.25	21:32	6:37	41	7:47	227	10:03	9.75	1:03:02	6:27	39	23:43	227	28:50