



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Siebrecht, Sebastian

Club: Münster

Number: 1019

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:03:26

Speed: 8.51 km/h

Running performance: 6:31 min/km

Rank in course/Total: 287 (of 326)

Rank in course/Men: 115 (of 246)

Best time in course: 34:12

Rank in category: 12(of 24)

Best time in the category: 39:37

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	19:46	6:04	23	7:05	229	8:43	3.25	19:46	6:04	23	7:05	229	8:43
Lap 2	3.25	21:54	6:44	23	8:27	229	10:17	6.50	41:40	6:24	23	15:32	229	18:59
Last lap Finish	3.25	21:46	6:41	23	8:17	231	10:17	9.75	1:03:26	6:30	23	23:49	229	29:14