



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kohler, Ralf

Total time: 1:12:23

Number: 1184

Speed: 7.46 km/h

Running performance: 7:25 min/km

Course: 9.75 km

Rank in course/Total: 323 (of 326)

10 km Lauf

Rank in course/Men: 123 (of 246)

Best time in course: 34:12

Category:

Rank in category: 20(of 40)

Senioren M40 (40-44 Jahre)

Best time in the category: 34:12

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	39	11:09	243	11:09	3.25	22:12	6:49	39	11:09	243	11:09
Lap 2	3.25	24:54	7:39	39	13:16	245	13:17	6.50	47:06	7:14	39	24:25	245	24:25
Last lap Finish	3.25	25:17	7:46	39	13:46	245	13:48	9.75	1:12:23	7:25	39	38:11	245	38:11