



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hengstenberg, Otto

Club: Landeckläufer

Number: 1053

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:10

Speed: 14.21 km/h

Running performance: 4:13 min/km

Rank in course/Total: 33 (of 326)

Rank in course/Men: 16 (of 246)

Best time in course: 34:12

Rank in category: 2(of 42)

Best time in the category: 38:20

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	12:33	3:51	3	0:31	17	1:30	3.25	12:33	3:51	3	0:31	17	1:30
Lap 2	3.25	14:13	4:22	5	1:04	31	2:36	6.50	26:46	4:07	3	1:35	23	4:05
Last lap Finish	3.25	14:24	4:25	7	1:15	39	2:55	9.75	41:10	4:13	3	2:50	31	6:58