



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Schwabe, Ronny

Club: Team OST Stuber Lugau

Number: 1045

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:35

Speed: 12.99 km/h

Running performance: 4:16 min/km

Rank in course/Total: 39 (of 326)

Rank in course/Men: 19 (of 246)

Best time in course: 34:12

Rank in category: 4(of 40)

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	13:07	4:02	5	2:04	31	2:04	3.25	13:07	4:02	5	2:04	31	2:04
Lap 2	3.25	14:15	4:23	7	2:37	33	2:38	6.50	27:22	4:12	7	4:41	37	4:41
Last lap Finish	3.25	14:13	4:22	7	2:42	33	2:44	9.75	41:35	4:15	7	7:23	37	7:23