



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Müller, Ralph-Thomas

Club: TV Etwashausen

Number: 1057

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:08

Speed: 12.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 55 (of 326)

Rank in course/Men: 26 (of 246)

Best time in course: 34:12

Rank in category: 6(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	13:26	4:08	11	1:24	39	2:23	3.25	13:26	4:08	11	1:24	39	2:23
Lap 2	3.25	15:18	4:42	15	2:09	61	3:41	6.50	28:44	4:25	11	3:33	47	6:03
Last lap Finish	3.25	15:24	4:44	15	2:15	63	3:55	9.75	44:08	4:31	11	5:48	51	9:56