



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Altmann, Thomas

Club: SV 06 Oetinghausen

Number: 1084

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:30

Speed: 12.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 61 (of 326)

Rank in course/Men: 29 (of 246)

Best time in course: 34:12

Rank in category: 4(of 46)

Best time in the category: 39:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:17	4:23	7	2:05	67	3:14	3.25	14:17	4:23	7	2:05	67	3:14	
Lap 2	3.25	15:20	4:43	7	1:58	63	3:43	6.50	29:37	4:33	7	4:03	65	6:56	
Last lap Finish	3.25	14:53	4:34	7	1:08	51	3:24	9.75	44:30	4:33	7	5:11	57	10:18	