



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kampmann, Jörn

Club: Die Rembrandts

Number: 1066

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:39

Speed: 12.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 63 (of 326)

Rank in course/Men: 30 (of 246)

Best time in course: 34:12

Rank in category: 7(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	14:25	4:26	15	2:23	73	3:22	3.25	14:25	4:26	15	2:23	73	3:22
Lap 2	3.25	15:07	4:39	13	1:58	55	3:30	6.50	29:32	4:32	13	4:21	63	6:51
Last lap Finish	3.25	15:07	4:39	11	1:58	55	3:38	9.75	44:39	4:34	13	6:19	59	10:27