



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Katzer, Olaf

Club: TSV Heiligenrode

Number: 1097

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 44:44

Speed: 12.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 65 (of 326)

Rank in course/Men: 31 (of 246)

Best time in course: 34:12

Rank in category: 1(of 26)

Best time in the category: 44:44

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	13:37	4:11	1	-	43	2:34	3.25	13:37	4:11	1	-	43	2:34
Lap 2	3.25	15:26	4:44	1	-	67	3:49	6.50	29:03	4:28	1	-	55	6:22
Last lap Finish	3.25	15:41	4:49	1	-	75	4:12	9.75	44:44	4:35	1	-	61	10:32