



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 1055

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:30

Speed: 11.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 77 (of 326)

Rank in course/Men: 37 (of 246)

Best time in course: 34:12

Rank in category: 9(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	15:11	4:40	19	3:09	97	4:08	3.25	15:11	4:40	19	3:09	97	4:08
Lap 2	3.25	14:56	4:35	11	1:47	49	3:19	6.50	30:07	4:38	17	4:56	77	7:26
Last lap Finish	3.25	15:23	4:44	13	2:14	61	3:54	9.75	45:30	4:40	17	7:10	73	11:18