



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Pfeiler, Frank

Club: 1.FC Köln

Number: 1029

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:21

Speed: 11.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 71 (of 326)

Rank in course/Men: 34 (of 246)

Best time in course: 34:12

Rank in category: 6(of 40)

Best time in the category: 34:12

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	14:23	4:25	11	3:20	71	3:20	3.25	14:23	4:25	11	3:20	71	3:20
Lap 2	3.25	15:17	4:42	9	3:39	59	3:40	6.50	29:40	4:33	11	6:59	67	6:59
Last lap Finish	3.25	15:41	4:49	9	4:10	75	4:12	9.75	45:21	4:39	11	11:09	67	11:09