



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Schnelle, Dirk

Club: SV 06 Oetinghausen

Number: 1062

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 38:20

Speed: 15.26 km/h

Running performance: 3:56 min/km

Rank in course/Total: 7 (of 326)

Rank in course/Men: 4 (of 246)

Best time in course: 34:12

Rank in category: 1(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	12:02	3:42	1	-	9	0:59	3.25	12:02	3:42	1	-	9	0:59
Lap 2	3.25	13:09	4:02	1	-	7	1:32	6.50	25:11	3:52	1	-	7	2:30
Last lap Finish	3.25	13:09	4:02	1	-	11	1:40	9.75	38:20	3:55	1	-	7	4:08