



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Laube, Hans-Joachim

Club: Volkssport

Number: 1077

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:37

Speed: 11.58 km/h

Running performance: 4:47 min/km

Rank in course/Total: 91 (of 326)

Rank in course/Men: 44 (of 246)

Best time in course: 34:12

Rank in category: 6(of 46)

Best time in the category: 39:19

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 | 13 | 2:59 | 97 | 4:08 | 3.25 | 15:11 | 4:40 | 13 | 2:59 | 97 | 4:08 |
| Lap 2 | 3.25 | 15:43 | 4:50 | 9 | 2:21 | 79 | 4:06 | 6.50 | 30:54 | 4:45 | 11 | 5:20 | 91 | 8:13 |
| Last lap Finish | 3.25 | 15:43 | 4:50 | 11 | 1:58 | 81 | 4:14 | 9.75 | 46:37 | 4:46 | 11 | 7:18 | 87 | 12:25 |