



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Albrecht, Mirko

Club: Friesisches Brauhaus zu Jever

Number: 1014

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:41

Speed: 11.57 km/h

Running performance: 4:47 min/km

Rank in course/Total: 95 (of 326)

Rank in course/Men: 45 (of 246)

Best time in course: 34:12

Rank in category: 6(of 24)

Best time in the category: 39:37

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	15:32	4:46	15	2:51	111	4:29	3.25	15:32	4:46	15	2:51	111	4:29
Lap 2	3.25	15:51	4:52	9	2:24	87	4:14	6.50	31:23	4:49	13	5:15	99	8:42
Last lap Finish	3.25	15:18	4:42	9	1:49	59	3:49	9.75	46:41	4:47	11	7:04	89	12:29