



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Pantke, Uwe

Club: SG Eisdorf

Number: 1054

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:24

Speed: 11.39 km/h

Running performance: 4:52 min/km

Rank in course/Total: 101 (of 326)

Rank in course/Men: 47 (of 246)

Best time in course: 34:12

Rank in category: 10(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	14:26	4:26	17	2:24	75	3:23	3.25	14:26	4:26	17	2:24	75	3:23
Lap 2	3.25	15:49	4:51	19	2:40	83	4:12	6.50	30:15	4:39	19	5:04	81	7:34
Last lap Finish	3.25	17:09	5:16	23	4:00	125	5:40	9.75	47:24	4:51	19	9:04	93	13:12