



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Heyne, Sebastian

Club: SC Neuenstein

Number: 1013

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:02

Speed: 11.01 km/h

Running performance: 5:02 min/km

Rank in course/Total: 119 (of 326)

Rank in course/Men: 56 (of 246)

Best time in course: 34:12

Rank in category: 4(of 18)

Best time in the category: 38:28

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	15:34	4:47	7	3:38	117	4:31	3.25	15:34	4:47	7	3:38	117	4:31
Lap 2	3.25	16:35	5:06	7	3:20	109	4:58	6.50	32:09	4:56	7	6:58	109	9:28
Last lap Finish	3.25	16:53	5:11	7	3:58	117	5:24	9.75	49:02	5:01	7	10:34	111	14:50