



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Siebrecht, Christoph

Club: Non-Stop-Ultra

Number: 1034

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:59

Speed: 10.80 km/h

Running performance: 5:08 min/km

Rank in course/Total: 131 (of 326)

Rank in course/Men: 60 (of 246)

Best time in course: 34:12

Rank in category: 10(of 40)

Best time in the category: 34:12

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	15:31	4:46	19	4:28	107	4:28	3.25	15:31	4:46	19	4:28	107	4:28
Lap 2	3.25	16:59	5:13	21	5:21	125	5:22	6.50	32:30	5:00	19	9:49	113	9:49
Last lap Finish	3.25	17:29	5:22	19	5:58	135	6:00	9.75	49:59	5:07	19	15:47	119	15:47