



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Nölken, Bernward

Club: Non-Stop-Ultra

Number: 1108

Course: 9.75 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 49:59

Speed: 10.80 km/h

Running performance: 5:08 min/km

Rank in course/Total: 132 (of 326)

Rank in course/Men: 60 (of 246)

Best time in course: 34:12

Rank in category: 2(of 10)

Best time in the category: 43:36

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	15:33	4:47	3	1:27	113	4:30	3.25	15:33	4:47	3	1:27	113	4:30
Lap 2	3.25	16:57	5:12	3	2:18	121	5:20	6.50	32:30	5:00	3	3:45	113	9:49
Last lap Finish	3.25	17:29	5:22	5	2:38	135	6:00	9.75	49:59	5:07	3	6:23	119	15:47