



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Vinzent, Markus

Club: Vintastic

Number: 1174

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:32

Speed: 10.69 km/h

Running performance: 5:11 min/km

Rank in course/Total: 147 (of 326)

Rank in course/Men: 66 (of 246)

Best time in course: 34:12

Rank in category: 5(of 26)

Best time in the category: 44:44

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	15:36	4:47	7	1:59	119	4:33	3.25	15:36	4:47	7	1:59	119	4:33
Lap 2	3.25	17:17	5:19	9	1:51	131	5:40	6.50	32:53	5:03	7	3:50	119	10:12
Last lap Finish	3.25	17:39	5:25	13	1:58	145	6:10	9.75	50:32	5:10	9	5:48	131	16:20