



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Loew, Norbert

Club: ohne Verein

Number: 1071

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:36

Speed: 10.67 km/h

Running performance: 5:11 min/km

Rank in course/Total: 149 (of 326)

Rank in course/Men: 67 (of 246)

Best time in course: 34:12

Rank in category: 12(of 46)

Best time in the category: 39:19

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	17	3:21	113	4:30	3.25	15:33	4:47	17	3:21	113	4:30
Lap 2	3.25	17:28	5:22	23	4:06	137	5:51	6.50	33:01	5:04	21	7:27	127	10:20
Last lap Finish	3.25	17:35	5:24	23	3:50	143	6:06	9.75	50:36	5:11	23	11:17	133	16:24