



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

Zuchowski, Sven

Club: klein O

Number: 1030

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:22

Speed: 10.72 km/h

Running performance: 5:10 min/km

Rank in course/Total: 143 (of 326)

Rank in course/Men: 65 (of 246)

Best time in course: 34:12

Rank in category: 11(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	16:08	4:57	23	5:05	135	5:05	3.25	16:08	4:57	23	5:05	135	5:05
Lap 2	3.25	16:28	5:03	17	4:50	103	4:51	6.50	32:36	5:00	21	9:55	117	9:55
Last lap Finish	3.25	17:46	5:28	23	6:15	153	6:17	9.75	50:22	5:09	21	16:10	129	16:10