



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Elsner, Wolfgang

Club: VfB Fallersleben

Number: 1093

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:51

Speed: 10.41 km/h

Running performance: 5:19 min/km

Rank in course/Total: 159 (of 326)

Rank in course/Men: 72 (of 246)

Best time in course: 34:12

Rank in category: 8(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	16:33	5:05	15	2:56	151	5:30	3.25	16:33	5:05	15	2:56	151	5:30
Lap 2	3.25	17:28	5:22	13	2:02	137	5:51	6.50	34:01	5:14	13	4:58	143	11:20
Last lap Finish	3.25	17:50	5:29	15	2:09	155	6:21	9.75	51:51	5:19	15	7:07	143	17:39