



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Henselmann, Frank

Club: TuS Eintracht Bielefeld

Number: 1090

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 39:19

Speed: 13.73 km/h

Running performance: 4:02 min/km

Rank in course/Total: 15 (of 326)

Rank in course/Men: 7 (of 246)

Best time in course: 34:12

Rank in category: 1(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	12:12	3:45	1	-	15	1:09	3.25	12:12	3:45	1	-	15	1:09	
Lap 2	3.25	13:22	4:06	1	-	13	1:45	6.50	25:34	3:55	1	-	13	2:53	
Last lap Finish	3.25	13:45	4:13	1	-	25	2:16	9.75	39:19	4:01	1	-	13	5:07	