



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Grunwald, Andreas

Club: TSV Oberweier

Number: 1036

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:05

Speed: 10.37 km/h

Running performance: 5:20 min/km

Rank in course/Total: 161 (of 326)

Rank in course/Men: 73 (of 246)

Best time in course: 34:12

Rank in category: 12(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	15:59	4:55	21	4:56	127	4:56	3.25	15:59	4:55	21	4:56	127	4:56
Lap 2	3.25	17:32	5:23	23	5:54	143	5:55	6.50	33:31	5:09	23	10:50	139	10:50
Last lap Finish	3.25	18:34	5:42	25	7:03	173	7:05	9.75	52:05	5:20	23	17:53	145	17:53