



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Müller, Jörg

Club: Cool Runnings Korgau

Number: 1007

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 52:48

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 165 (of 326)

Rank in course/Men: 75 (of 246)

Best time in course: 34:12

Rank in category: 5(of 18)

Best time in the category: 38:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:33	5:24	13	5:37	175	6:30	3.25	17:33	5:24	13	5:37	175	6:30
Lap 2	3.25	17:52	5:29	9	4:37	149	6:15	6.50	35:25	5:26	9	10:14	159	12:44
Last lap Finish	3.25	17:23	5:20	9	4:28	133	5:54	9.75	52:48	5:24	9	14:20	149	18:36