



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Verhoeven, Hans

Club: running team notenboom

Number: 1099

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:32

Speed: 10.09 km/h

Running performance: 5:29 min/km

Rank in course/Total: 173 (of 326)

Rank in course/Men: 79 (of 246)

Best time in course: 34:12

Rank in category: 9(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	17:41	5:26	21	4:04	187	6:38	3.25	17:41	5:26	21	4:04	187	6:38
Lap 2	3.25	18:32	5:42	19	3:06	165	6:55	6.50	36:13	5:34	21	7:10	179	13:32
Last lap Finish	3.25	17:19	5:19	11	1:38	129	5:50	9.75	53:32	5:29	17	8:48	157	19:20