



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Frin, Rüdiger

Club: DJK Brakel

Number: 1075

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:43

Speed: 10.05 km/h

Running performance: 5:31 min/km

Rank in course/Total: 187 (of 326)

Rank in course/Men: 84 (of 246)

Best time in course: 34:12

Rank in category: 13(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	15:47	4:51	19	3:35	121	4:44	3.25	15:47	4:51	19	3:35	121	4:44
Lap 2	3.25	17:30	5:23	25	4:08	141	5:53	6.50	33:17	5:07	25	7:43	133	10:36
Last lap Finish	3.25	20:26	6:17	33	6:41	209	8:57	9.75	53:43	5:30	25	14:24	167	19:31