



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Lange, Lukas

Club: Rheinsberg

Number: 1042

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:34

Speed: 10.08 km/h

Running performance: 5:29 min/km

Rank in course/Total: 181 (of 326)

Rank in course/Men: 82 (of 246)

Best time in course: 34:12

Rank in category: 6(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.	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	17:12	5:17	11	5:16	169	6:09	3.25	17:12	5:17	11	5:16	169	6:09
Lap 2	3.25	18:38	5:44	13	5:23	173	7:01	6.50	35:50	5:30	13	10:39	171	13:09
Last lap Finish	3.25	17:44	5:27	11	4:49	149	6:15	9.75	53:34	5:29	11	15:06	163	19:22