



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

## Detailed evaluation

**Jankowski, Jörg**

Club: Friesisches Brauhaus zu Jever

Number: 1028

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:15

Speed: 9.95 km/h

Running performance: 5:34 min/km

Rank in course/Total: 195 (of 326)

Rank in course/Men: 88 (of 246)

Best time in course: 34:12

Rank in category: 14(of 40)

Best time in the category: 34:12

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 16:45         | 5:09            | 25          | 5:42           | 153         | 5:42          | 3.25          | 16:45         | 5:09            | 25          | 5:42           | 153        | 5:42          |
| Lap 2           | 3.25        | 18:47         | 5:46            | 29          | 7:09           | 183         | 7:10          | 6.50          | 35:32         | 5:28            | 27          | 12:51          | 167        | 12:51         |
| Last lap Finish | 3.25        | 18:43         | 5:45            | 27          | 7:12           | 179         | 7:14          | 9.75          | 54:15         | 5:33            | 27          | 20:03          | 175        | 20:03         |