



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

nice, andy

Club: london

Number: 47

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 2:59:37

Speed: 14.03 km/h

Running performance: 4:15 min/km

Rank in course/Total: 5 (of 164)

Rank in course/Men: 5 (of 136)

Best time in course: 2:51:03

Rank in category: 2(of 15)

Best time in the category: 2:55:45

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	12:40	3:53	1	-	1	-	3.25	12:40	3:53	2		10	
Lap 2	3.25	12:58	3:59	2	0:04	6	0:14	6.50	25:38	3:56	2		10	
Lap 3	3.25	13:09	4:02	2	0:13	7	0:22	9.75	38:47	3:58	2	0:11	10	
Lap 4	3.25	13:25	4:07	2	0:29	7	0:29	13.00	52:12	4:00	2	0:40	9	
Lap 5	3.25	13:26	4:08	2	0:19	6	0:36	16.25	1:05:38	4:02	2	0:59	9	
Lap 6	3.25	13:34	4:10	2	0:18	7	0:26	19.50	1:19:12	4:03	2	1:17	9	
Lap 7	3.25	13:45	4:13	2	0:19	5	0:50	22.75	1:32:57	4:05	2	1:36	7	
Lap 8	3.25	13:49	4:15	2	0:07	4	0:37	26.00	1:46:46	4:06	2	1:43	7	
Lap 9	3.25	14:02	4:19	2	0:11	6	0:38	29.25	2:00:48	4:07	2	1:54	6	
Lap 10	3.25	14:29	4:27	2	0:30	7	0:54	32.50	2:15:17	4:09	2	2:24	5	4:36
Lap 11	3.25	14:49	4:33	2	0:39	7	1:40	35.75	2:30:06	4:11	2	3:03	5	6:16
Lap 12	3.25	15:04	4:38	2	0:38	8	1:23	39.00	2:45:10	4:14	2	3:41	5	7:39
Last lap Finish	3.25	14:27	4:26	2	0:11	5	0:55	42.25	2:59:37	4:15	2	3:52	10	1:33:24