



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Thomas, Dirk

Club: Eisenach

Number: 55

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:22:44

Speed: 12.43 km/h

Running performance: 4:48 min/km

Rank in course/Total: 15 (of 164)

Rank in course/Men: 15 (of 136)

Best time in course: 2:51:03

Rank in category: 4(of 24)

Best time in the category: 2:51:03

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	14:36	4:29	5	1:43	25	1:56	3.25	14:36	4:29	21		20	
Lap 2	3.25	15:04	4:38	6	2:11	27	2:20	6.50	29:40	4:33	21		20	
Lap 3	3.25	15:01	4:37	5	2:14	24	2:14	9.75	44:41	4:34	21		20	
Lap 4	3.25	15:06	4:38	4	2:08	23	2:10	13.00	59:47	4:35	21		19	3:22
Lap 5	3.25	15:21	4:43	5	2:31	23	2:31	16.25	1:15:08	4:37	21		19	4:17
Lap 6	3.25	15:18	4:42	5	2:10	21	2:10	19.50	1:30:26	4:38	21		19	4:19
Lap 7	3.25	15:33	4:47	5	2:37	21	2:38	22.75	1:45:59	4:39	21		17	
Lap 8	3.25	15:15	4:41	5	2:03	15	2:03	26.00	2:01:14	4:39	21		17	
Lap 9	3.25	15:44	4:50	4	2:19	15	2:20	29.25	2:16:58	4:40	21		16	
Lap 10	3.25	15:54	4:53	4	2:19	13	2:19	32.50	2:32:52	4:42	21		15	22:11
Lap 11	3.25	16:20	5:01	4	3:11	12	3:11	35.75	2:49:12	4:43	21		15	25:22
Lap 12	3.25	16:47	5:09	4	3:06	15	3:06	39.00	3:05:59	4:46	21		15	28:28
Last lap Finish	3.25	16:45	5:09	4	3:13	19	3:13	42.25	3:22:44	4:47	5	1:10:15	20	1:56:31