



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Heyne, Simon

Club: Team Raidlight

Number: 111

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:24:59

Speed: 12.29 km/h

Running performance: 4:51 min/km

Rank in course/Total: 16 (of 164)

Rank in course/Men: 16 (of 136)

Best time in course: 2:51:03

Rank in category: 2(of 29)

Best time in the category: 3:07:22

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	15:00	4:36	5	1:20	30	2:20	3.25	15:00	4:36	28		19	
Lap 2	3.25	14:42	4:31	3	0:43	23	1:58	6.50	29:42	4:34	28		21	
Lap 3	3.25	14:34	4:28	3	0:18	20	1:47	9.75	44:16	4:32	28		21	
Lap 4	3.25	14:37	4:29	2	0:10	16	1:41	13.00	58:53	4:31	28		20	2:28
Lap 5	3.25	14:33	4:28	2	0:10	13	1:43	16.25	1:13:26	4:31	28		20	2:35
Lap 6	3.25	14:30	4:27	2	0:10	13	1:22	19.50	1:27:56	4:30	28		20	1:49
Lap 7	3.25	15:05	4:38	2	0:45	14	2:10	22.75	1:43:01	4:31	28		18	
Lap 8	3.25	15:23	4:44	2	1:03	17	2:11	26.00	1:58:24	4:33	28		18	
Lap 9	3.25	15:49	4:51	2	1:24	18	2:25	29.25	2:14:13	4:35	28		17	
Lap 10	3.25	17:09	5:16	3	2:44	29	3:34	32.50	2:31:22	4:39	28		16	20:41
Lap 11	3.25	17:32	5:23	5	2:52	25	4:23	35.75	2:48:54	4:43	28		16	25:04
Lap 12	3.25	18:01	5:32	4	3:01	30	4:20	39.00	3:06:55	4:47	28		16	29:24
Last lap Finish	3.25	18:04	5:33	10	3:00	43	4:32	42.25	3:24:59	4:51	3	1:00:02	21	1:58:46