



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Herget, Thomas

Club: LG Fulda

Number: 97

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:30:06

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 22 (of 164)

Rank in course/Men: 22 (of 136)

Best time in course: 2:51:03

Rank in category: 3(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	13:40	4:12	1	-	12	1:00	3.25	13:40	4:12	27		13	
Lap 2	3.25	13:59	4:18	1	-	14	1:15	6.50	27:39	4:15	27		28	
Lap 3	3.25	14:19	4:24	2	0:03	16	1:32	9.75	41:58	4:18	27		2	
Lap 4	3.25	14:48	4:33	3	0:21	21	1:52	13.00	56:46	4:21	27		27	0:21
Lap 5	3.25	15:04	4:38	3	0:41	21	2:14	16.25	1:11:50	4:25	27		27	0:59
Lap 6	3.25	15:25	4:44	3	1:05	23	2:17	19.50	1:27:15	4:28	27		27	1:08
Lap 7	3.25	15:39	4:48	3	1:19	22	2:44	22.75	1:42:54	4:31	27		25	
Lap 8	3.25	16:18	5:00	3	1:58	27	3:06	26.00	1:59:12	4:35	27		25	
Lap 9	3.25	17:28	5:22	5	3:03	40	4:04	29.25	2:16:40	4:40	27		24	
Lap 10	3.25	17:40	5:26	4	3:15	34	4:05	32.50	2:34:20	4:44	27		23	23:39
Lap 11	3.25	19:11	5:54	13	4:31	59	6:02	35.75	2:53:31	4:51	27		22	29:41
Lap 12	3.25	18:35	5:43	7	3:35	40	4:54	39.00	3:12:06	4:55	27		22	34:35
Last lap Finish	3.25	18:00	5:32	6	2:56	38	4:28	42.25	3:30:06	4:58	4	1:05:09	28	2:03:53