



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Heß, Marco

Club: Regensburg

Number: 13

Course: 42.25 km

Marathon

Category:

Männer M20

Total time: 3:36:49

Speed: 11.62 km/h

Running performance: 5:08 min/km

Rank in course/Total: 31 (of 164)

Rank in course/Men: 29 (of 136)

Best time in course: 2:51:03

Rank in category: 6(of 17)

Best time in the category: 2:53:09

Control	Intermediate times				Stage score				Total ranking					
	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	14:27	4:26	8	1:28	23	1:47	3.25	14:27	4:26	12		35	
Lap 2	3.25	16:06	4:57	9	3:22	50	3:22	6.50	30:33	4:42	12		35	
Lap 3	3.25	15:39	4:48	10	2:52	34	2:52	9.75	46:12	4:44	5		35	
Lap 4	3.25	15:39	4:48	10	2:41	33	2:43	13.00	1:01:51	4:45	6	10:16	34	5:26
Lap 5	3.25	15:38	4:48	8	2:48	29	2:48	16.25	1:17:29	4:46	6	13:04	34	6:38
Lap 6	3.25	17:02	5:14	8	3:53	56	3:54	19.50	1:34:31	4:50	6	16:57	34	8:24
Lap 7	3.25	17:46	5:28	11	4:51	73	4:51	22.75	1:52:17	4:56	6	21:48	32	3:12
Lap 8	3.25	16:37	5:06	6	3:24	32	3:25	26.00	2:08:54	4:57	6	25:12	32	2:48
Lap 9	3.25	17:15	5:18	7	3:51	38	3:51	29.25	2:26:09	4:59	6	29:03	31	0:09
Lap 10	3.25	17:34	5:24	7	3:58	33	3:59	32.50	2:43:43	5:02	6	33:01	30	33:02
Lap 11	3.25	17:53	5:30	7	4:02	31	4:44	35.75	3:01:36	5:04	6	37:03	29	37:46
Lap 12	3.25	18:01	5:32	6	3:51	30	4:20	39.00	3:19:37	5:07	6	40:42	29	42:06
Last lap Finish	3.25	17:12	5:17	4	2:58	24	3:40	42.25	3:36:49	5:07	7	2:10:36	35	2:10:36