



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

lorz, matthias

Club: CaBa´s CaBaNauTeN

Number: 21

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:37:38

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 34 (of 164)

Rank in course/Men: 32 (of 136)

Best time in course: 2:51:03

Rank in category: 5(of 13)

Best time in the category: 2:56:59

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	15:12	4:40	5	2:18	33	2:32	3.25	15:12	4:40	4	1:34	25	
Lap 2	3.25	15:06	4:38	6	2:01	28	2:22	6.50	30:18	4:39	6	2:36	38	
Lap 3	3.25	15:44	4:50	6	2:41	37	2:57	9.75	46:02	4:43	6	4:04	38	
Lap 4	3.25	15:36	4:47	5	2:21	28	2:40	13.00	1:01:38	4:44	6	5:13	30	5:13
Lap 5	3.25	15:32	4:46	4	2:15	24	2:42	16.25	1:17:10	4:44	6	6:19	37	6:19
Lap 6	3.25	16:04	4:56	6	2:39	31	2:56	19.50	1:33:14	4:46	6	7:07	37	7:07
Lap 7	3.25	16:26	5:03	6	3:02	35	3:31	22.75	1:49:40	4:49	5	17:17	35	0:35
Lap 8	3.25	17:02	5:14	8	3:13	40	3:50	26.00	2:06:42	4:52	5	20:30	35	0:36
Lap 9	3.25	17:58	5:31	8	4:12	53	4:34	29.25	2:24:40	4:56	5	24:42	34	
Lap 10	3.25	18:38	5:44	7	4:34	52	5:03	32.50	2:43:18	5:01	5	29:16	33	32:37
Lap 11	3.25	18:32	5:42	7	4:23	42	5:23	35.75	3:01:50	5:05	5	33:39	32	38:00
Lap 12	3.25	17:53	5:30	6	3:29	27	4:12	39.00	3:19:43	5:07	5	37:08	32	42:12
Last lap Finish	3.25	17:55	5:30	7	3:31	35	4:23	42.25	3:37:38	5:09	6	1:55:42	38	2:11:25