



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Post, Sascha**

Club: Eversmeer

Number: 32

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:40:47

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 38 (of 164)

Rank in course/Men: 36 (of 136)

Best time in course: 2:51:03

Rank in category: 7(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.	Stage score		Total			Pos		Behind		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:33	5:24	11	4:39	82	4:53	3.25	17:33	5:24	8	3:55	42		
Lap 2	3.25	16:24	5:02	10	3:19	57	3:40	6.50	33:57	5:13	8	6:15	42		
Lap 3	3.25	15:57	4:54	7	2:54	43	3:10	9.75	49:54	5:07	8	7:56	42		
Lap 4	3.25	16:25	5:03	9	3:10	55	3:29	13.00	1:06:19	5:06	8	9:54	41	9:54	
Lap 5	3.25	16:10	4:58	9	2:53	41	3:20	16.25	1:22:29	5:04	8	11:38	41	11:38	
Lap 6	3.25	16:07	4:57	7	2:42	34	2:59	19.50	1:38:36	5:03	8	12:29	41	12:29	
Lap 7	3.25	16:20	5:01	5	2:56	30	3:25	22.75	1:54:56	5:03	7	22:33	39	5:51	
Lap 8	3.25	16:07	4:57	5	2:18	25	2:55	26.00	2:11:03	5:02	7	24:51	39	4:57	
Lap 9	3.25	16:47	5:09	5	3:01	27	3:23	29.25	2:27:50	5:03	7	27:52	38	1:50	
Lap 10	3.25	16:56	5:12	5	2:52	24	3:21	32.50	2:44:46	5:04	7	30:44	37	34:05	
Lap 11	3.25	17:41	5:26	6	3:32	28	4:32	35.75	3:02:27	5:06	7	34:16	36	38:37	
Lap 12	3.25	18:25	5:40	8	4:01	37	4:44	39.00	3:20:52	5:09	7	38:17	36	43:21	
Last lap Finish	3.25	19:55	6:07	11	5:31	76	6:23	42.25	3:40:47	5:13	8	1:58:51	42	2:14:34	