



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Metz, Jan Marek

Club: Radio Ivan

Number: 211

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 3:43:34

Speed: 11.27 km/h

Running performance: 5:17 min/km

Rank in course/Total: 43 (of 164)

Rank in course/Men: 41 (of 136)

Best time in course: 2:51:03

Rank in category: 8(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	14:26	4:26	4	1:32	21	1:46	3.25	14:26	4:26	9	0:48	18	
Lap 2	3.25	13:45	4:13	3	0:40	12	1:01	6.50	28:11	4:20	9	0:29	47	
Lap 3	3.25	14:51	4:34	4	1:48	23	2:04	9.75	43:02	4:24	9	1:04	47	
Lap 4	3.25	15:34	4:47	4	2:19	27	2:38	13.00	58:36	4:30	9	2:11	21	2:11
Lap 5	3.25	16:08	4:57	7	2:51	39	3:18	16.25	1:14:44	4:35	9	3:53	46	3:53
Lap 6	3.25	17:38	5:25	12	4:13	77	4:30	19.50	1:32:22	4:44	9	6:15	46	6:15
Lap 7	3.25	16:26	5:03	6	3:02	35	3:31	22.75	1:48:48	4:46	8	16:25	44	
Lap 8	3.25	17:02	5:14	8	3:13	40	3:50	26.00	2:05:50	4:50	8	19:38	44	
Lap 9	3.25	18:37	5:43	11	4:51	73	5:13	29.25	2:24:27	4:56	8	24:29	43	
Lap 10	3.25	19:41	6:03	11	5:37	77	6:06	32.50	2:44:08	5:03	8	30:06	42	33:27
Lap 11	3.25	20:33	6:19	10	6:24	81	7:24	35.75	3:04:41	5:09	8	36:30	41	40:51
Lap 12	3.25	20:37	6:20	10	6:13	77	6:56	39.00	3:25:18	5:15	8	42:43	40	47:47
Last lap Finish	3.25	18:16	5:37	9	3:52	47	4:44	42.25	3:43:34	5:17	9	2:01:38	47	2:17:21