



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Wolfgramm, Klaus

Club: RC-Entspurt Herford

Number: 152

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 3:49:34

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 57 (of 164)

Rank in course/Men: 55 (of 136)

Best time in course: 2:51:03

Rank in category: 1(of 8)

Best time in the category: 3:49:34

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	16:34	5:05	3	0:54	64	3:54	3.25	16:34	5:05	2	0:18	61	
Lap 2	3.25	16:41	5:08	2	0:49	70	3:57	6.50	33:15	5:06	2	0:15	52	
Lap 3	3.25	16:55	5:12	2	0:43	70	4:08	9.75	50:10	5:08	2	0:07	61	
Lap 4	3.25	17:12	5:17	3	0:54	72	4:16	13.00	1:07:22	5:10	2	0:18	60	10:57
Lap 5	3.25	17:08	5:16	2	0:44	70	4:18	16.25	1:24:30	5:12	2	0:10	60	13:39
Lap 6	3.25	17:29	5:22	3	0:54	75	4:21	19.50	1:41:59	5:13	2		60	15:52
Lap 7	3.25	17:27	5:22	1	-	58	4:32	22.75	1:59:26	5:14	2		58	10:21
Lap 8	3.25	17:45	5:27	2	0:01	63	4:33	26.00	2:17:11	5:16	2		58	11:05
Lap 9	3.25	17:52	5:29	1	-	45	4:28	29.25	2:35:03	5:18	2		57	9:03
Lap 10	3.25	18:14	5:36	1	-	42	4:39	32.50	2:53:17	5:19	2		56	42:36
Lap 11	3.25	18:48	5:47	1	-	47	5:39	35.75	3:12:05	5:22	1	-	55	48:15
Lap 12	3.25	18:43	5:45	2	0:43	44	5:02	39.00	3:30:48	5:24	1	-	55	53:17
Last lap Finish	3.25	18:46	5:46	2	1:19	60	5:14	42.25	3:49:34	5:26	2	23:15	61	2:23:21