



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Dargel, Roland

Club: Team Nordschwarzwald

Number: 110

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:49:47

Speed: 10.97 km/h

Running performance: 5:26 min/km

Rank in course/Total: 59 (of 164)

Rank in course/Men: 57 (of 136)

Best time in course: 2:51:03

Rank in category: 11(of 29)

Best time in the category: 3:07:22

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	15:41	4:49	9	2:01	50	3:01	3.25	15:41	4:49	15		63		
Lap 2	3.25	15:46	4:51	8	1:47	38	3:02	6.50	31:27	4:50	18		63		
Lap 3	3.25	16:04	4:56	9	1:48	48	3:17	9.75	47:31	4:52	18		63		
Lap 4	3.25	16:08	4:57	8	1:41	42	3:12	13.00	1:03:39	4:53	18		62	7:14	
Lap 5	3.25	16:29	5:04	10	2:06	53	3:39	16.25	1:20:08	4:55	19		62	9:17	
Lap 6	3.25	16:39	5:07	7	2:19	46	3:31	19.50	1:36:47	4:57	19		62	10:40	
Lap 7	3.25	17:00	5:13	8	2:40	47	4:05	22.75	1:53:47	5:00	19		60	4:42	
Lap 8	3.25	17:26	5:21	8	3:06	51	4:14	26.00	2:11:13	5:02	19		60	5:07	
Lap 9	3.25	18:06	5:34	13	3:41	61	4:42	29.25	2:29:19	5:06	19		45	3:19	
Lap 10	3.25	19:24	5:58	15	4:59	72	5:49	32.50	2:48:43	5:11	19		58	38:02	
Lap 11	3.25	20:31	6:18	16	5:51	78	7:22	35.75	3:09:14	5:17	19		57	45:24	
Lap 12	3.25	20:35	6:19	15	5:35	74	6:54	39.00	3:29:49	5:22	19		57	52:18	
Last lap Finish	3.25	19:58	6:08	15	4:54	79	6:26	42.25	3:49:47	5:26	12	1:24:50	63	2:23:34	