



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

van der Kraan, Arnold

Club: AV'40

Number: 84

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:56:23

Speed: 10.66 km/h

Running performance: 5:35 min/km

Rank in course/Total: 70 (of 164)

Rank in course/Men: 67 (of 136)

Best time in course: 2:51:03

Rank in category: 13(of 29)

Best time in the category: 3:07:22

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	18:46	5:46	25	5:06	107	6:06	3.25	18:46	5:46	17	2:02	73	
Lap 2	3.25	18:17	5:37	24	4:18	103	5:33	6.50	37:03	5:41	17	3:35	73	
Lap 3	3.25	18:38	5:44	25	4:22	111	5:51	9.75	55:41	5:42	17	5:11	73	
Lap 4	3.25	17:49	5:28	19	3:22	85	4:53	13.00	1:13:30	5:39	17	5:57	72	17:05
Lap 5	3.25	17:43	5:27	19	3:20	84	4:53	16.25	1:31:13	5:36	17	6:29	72	20:22
Lap 6	3.25	18:05	5:33	19	3:45	87	4:57	19.50	1:49:18	5:36	17	7:13	72	23:11
Lap 7	3.25	17:47	5:28	15	3:27	74	4:52	22.75	2:07:05	5:35	17	8:00	70	18:00
Lap 8	3.25	17:43	5:27	12	3:23	61	4:31	26.00	2:24:48	5:34	17	7:16	70	18:42
Lap 9	3.25	18:02	5:32	11	3:37	57	4:38	29.25	2:42:50	5:34	17	8:46	69	16:50
Lap 10	3.25	19:14	5:55	14	4:49	71	5:39	32.50	3:02:04	5:36	17	6:36	68	51:23
Lap 11	3.25	18:06	5:34	6	3:26	35	4:57	35.75	3:20:10	5:35	17	3:02	67	56:20
Lap 12	3.25	18:16	5:37	5	3:16	34	4:35	39.00	3:38:26	5:36	17	0:21	67	1:00:55
Last lap Finish	3.25	17:57	5:31	5	2:53	36	4:25	42.25	3:56:23	5:35	14	1:31:26	73	2:30:10