



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hüsken, Dirk

Club: SGE Essen Schönebeck

Number: 106

Course: 42.25 km

Marathon

Category:

Männer M45

Total time: 3:57:23

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 75 (of 164)

Rank in course/Men: 71 (of 136)

Best time in course: 2:51:03

Rank in category: 14(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	15:41	4:49	9	2:01	50	3:01	3.25	15:41	4:49	15		63	
Lap 2	3.25	15:24	4:44	6	1:25	35	2:40	6.50	31:05	4:46	15		78	
Lap 3	3.25	15:38	4:48	6	1:22	32	2:51	9.75	46:43	4:47	15		78	
Lap 4	3.25	16:11	4:58	10	1:44	46	3:15	13.00	1:02:54	4:50	15		70	6:29
Lap 5	3.25	16:31	5:04	12	2:08	56	3:41	16.25	1:19:25	4:53	15		77	8:34
Lap 6	3.25	17:08	5:16	12	2:48	61	4:00	19.50	1:36:33	4:57	15		77	10:26
Lap 7	3.25	17:32	5:23	13	3:12	64	4:37	22.75	1:54:05	5:00	15		75	5:00
Lap 8	3.25	19:05	5:52	21	4:45	89	5:53	26.00	2:13:10	5:07	15		75	7:04
Lap 9	3.25	20:54	6:25	23	6:29	102	7:30	29.25	2:34:04	5:16	1	-	74	8:04
Lap 10	3.25	21:24	6:35	24	6:59	101	7:49	32.50	2:55:28	5:23	1	-	73	44:47
Lap 11	3.25	21:40	6:40	24	7:00	97	8:31	35.75	3:17:08	5:30	1	-	72	53:18
Lap 12	3.25	20:57	6:26	18	5:57	83	7:16	39.00	3:38:05	5:35	1	-	72	1:00:34
Last lap Finish	3.25	19:18	5:56	13	4:14	70	5:46	42.25	3:57:23	5:37	15	1:32:26	77	2:31:10