



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Ponath, Michael**

Club: Buchenau

Number: 20

Course: 42.25 km

Marathon

Category:

Männer M30

Total time: 4:01:49

Speed: 10.42 km/h

Running performance: 5:43 min/km

Rank in course/Total: 84 (of 164)

Rank in course/Men: 79 (of 136)

Best time in course: 2:51:03

Rank in category: 11(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:05	5:15	10	4:11	76	4:25	3.25	17:05	5:15	12	3:27	57	
Lap 2	3.25	17:12	5:17	11	4:07	80	4:28	6.50	34:17	5:16	12	6:35	29	
Lap 3	3.25	17:39	5:25	11	4:36	86	4:52	9.75	51:56	5:19	12	9:58	85	
Lap 4	3.25	17:31	5:23	12	4:16	80	4:35	13.00	1:09:27	5:20	12	13:02	84	13:02
Lap 5	3.25	17:30	5:23	12	4:13	78	4:40	16.25	1:26:57	5:21	12	16:06	56	16:06
Lap 6	3.25	17:37	5:25	11	4:12	76	4:29	19.50	1:44:34	5:21	12	18:27	84	18:27
Lap 7	3.25	17:41	5:26	11	4:17	69	4:46	22.75	2:02:15	5:22	11	29:52	54	13:10
Lap 8	3.25	17:42	5:26	11	3:53	59	4:30	26.00	2:19:57	5:22	11	33:45	82	13:51
Lap 9	3.25	17:54	5:30	7	4:08	46	4:30	29.25	2:37:51	5:23	11	37:53	53	11:51
Lap 10	3.25	18:43	5:45	8	4:39	56	5:08	32.50	2:56:34	5:25	11	42:32	80	45:53
Lap 11	3.25	20:22	6:15	9	6:13	76	7:13	35.75	3:16:56	5:30	11	48:45	79	53:06
Lap 12	3.25	22:21	6:52	12	7:57	101	8:40	39.00	3:39:17	5:37	11	56:42	79	1:01:46
Last lap Finish	3.25	22:32	6:56	13	8:08	110	9:00	42.25	4:01:49	5:43	12	2:19:53	85	2:35:36