



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Ponath, Norbert**

Club: TV Buchenau

Number: 140

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:01:50

Speed: 10.42 km/h

Running performance: 5:43 min/km

Rank in course/Total: 85 (of 164)

Rank in course/Men: 80 (of 136)

Best time in course: 2:51:03

Rank in category: 10(of 18)

Best time in the category: 3:32:54

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	17:05	5:15	8	2:01	76	4:25	3.25	17:05	5:15	9		57	
Lap 2	3.25	17:12	5:17	10	1:54	80	4:28	6.50	34:17	5:16	9	0:04	29	
Lap 3	3.25	17:38	5:25	10	1:51	85	4:51	9.75	51:55	5:19	9	0:49	57	
Lap 4	3.25	17:32	5:23	9	1:51	82	4:36	13.00	1:09:27	5:20	9	1:04	84	13:02
Lap 5	3.25	17:29	5:22	9	1:50	77	4:39	16.25	1:26:56	5:20	9		85	16:05
Lap 6	3.25	17:38	5:25	10	1:46	77	4:30	19.50	1:44:34	5:21	9	0:11	84	18:27
Lap 7	3.25	17:41	5:26	8	1:40	69	4:46	22.75	2:02:15	5:22	9	0:07	54	13:10
Lap 8	3.25	17:42	5:26	8	1:39	59	4:30	26.00	2:19:57	5:22	9		82	13:51
Lap 9	3.25	17:54	5:30	7	1:29	46	4:30	29.25	2:37:51	5:23	9		53	11:51
Lap 10	3.25	18:57	5:49	10	2:38	65	5:22	32.50	2:56:48	5:26	9		81	46:07
Lap 11	3.25	20:08	6:11	11	3:43	73	6:59	35.75	3:16:56	5:30	9	0:31	79	53:06
Lap 12	3.25	22:21	6:52	14	5:34	101	8:40	39.00	3:39:17	5:37	9	2:30	79	1:01:46
Last lap Finish	3.25	22:33	6:56	15	7:12	111	9:01	42.25	4:01:50	5:43	11	1:17:32	86	2:35:37