



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Steinicke, Thomas

Club: SGW 05 Berlin

Number: 134

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:02:06

Speed: 10.41 km/h

Running performance: 5:44 min/km

Rank in course/Total: 86 (of 164)

Rank in course/Men: 81 (of 136)

Best time in course: 2:51:03

Rank in category: 11(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	18:45	5:46	14	3:41	106	6:05	3.25	18:45	5:46	8	1:09	87	
Lap 2	3.25	18:13	5:36	12	2:55	98	5:29	6.50	36:58	5:41	8	2:45	87	
Lap 3	3.25	17:56	5:31	13	2:09	91	5:09	9.75	54:54	5:37	8	3:48	87	
Lap 4	3.25	18:22	5:39	13	2:41	95	5:26	13.00	1:13:16	5:38	8	4:53	86	16:51
Lap 5	3.25	18:43	5:45	13	3:04	100	5:53	16.25	1:31:59	5:39	8	4:50	86	21:08
Lap 6	3.25	18:33	5:42	12	2:41	95	5:25	19.50	1:50:32	5:40	8	6:09	86	24:25
Lap 7	3.25	18:19	5:38	12	2:18	88	5:24	22.75	2:08:51	5:39	8	6:43	84	19:46
Lap 8	3.25	18:34	5:42	12	2:31	84	5:22	26.00	2:27:25	5:40	8	7:09	84	21:19
Lap 9	3.25	18:58	5:50	10	2:33	79	5:34	29.25	2:46:23	5:41	8	7:04	83	20:23
Lap 10	3.25	18:36	5:43	8	2:17	51	5:01	32.50	3:04:59	5:41	8	7:39	82	54:18
Lap 11	3.25	18:38	5:44	7	2:13	46	5:29	35.75	3:23:37	5:41	8	7:12	81	59:47
Lap 12	3.25	18:56	5:49	7	2:09	51	5:15	39.00	3:42:33	5:42	8	5:46	81	1:05:02
Last lap Finish	3.25	19:33	6:00	10	4:12	72	6:01	42.25	4:02:06	5:43	12	1:17:48	87	2:35:53