



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Lifar, Max**

Club: Darmstadt

Number: 15

Course: 42.25 km

Marathon

Category:

Männer M20

Total time: 4:03:31

Speed: 10.35 km/h

Running performance: 5:46 min/km

Rank in course/Total: 89 (of 164)

Rank in course/Men: 83 (of 136)

Best time in course: 2:51:03

Rank in category: 12(of 17)

Best time in the category: 2:53:09

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	14:23	4:25	6	1:24	19	1:43	3.25	14:23	4:25	6		89	
Lap 2	3.25	14:22	4:25	7	1:38	20	1:38	6.50	28:45	4:25	6		89	
Lap 3	3.25	14:32	4:28	7	1:45	18	1:45	9.75	43:17	4:26	6		89	
Lap 4	3.25	14:43	4:31	7	1:45	20	1:47	13.00	58:00	4:27	12	6:25	88	1:35
Lap 5	3.25	15:52	4:52	10	3:02	35	3:02	16.25	1:13:52	4:32	12	9:27	88	3:01
Lap 6	3.25	17:08	5:16	12	3:59	61	4:00	19.50	1:31:00	4:40	12	13:26	88	4:53
Lap 7	3.25	18:47	5:46	12	5:52	94	5:52	22.75	1:49:47	4:49	12	19:18	86	0:42
Lap 8	3.25	19:52	6:06	12	6:39	99	6:40	26.00	2:09:39	4:59	12	25:57	86	3:33
Lap 9	3.25	20:59	6:27	12	7:35	103	7:35	29.25	2:30:38	5:08	12	33:32	85	4:38
Lap 10	3.25	20:46	6:23	12	7:10	98	7:11	32.50	2:51:24	5:16	12	40:42	84	40:43
Lap 11	3.25	22:54	7:02	13	9:03	107	9:45	35.75	3:14:18	5:26	12	49:45	83	50:28
Lap 12	3.25	27:01	8:18	17	12:51	131	13:20	39.00	3:41:19	5:40	12	1:02:24	83	1:03:48
Last lap Finish	3.25	22:12	6:49	13	7:58	106	8:40	42.25	4:03:31	5:45	13	2:37:18	89	2:37:18