



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Steinebach, André

Club: LT PhoenixSEE Dortmund

Number: 37

Course: 42.25 km

Marathon

Category:

Männer M35

Total time: 4:08:56

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 93 (of 164)

Rank in course/Men: 87 (of 136)

Best time in course: 2:51:03

Rank in category: 13(of 15)

Best time in the category: 2:55:45

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	16:10	4:58	8	3:30	59	3:30	3.25	16:10	4:58	13	3:24	93	
Lap 2	3.25	16:28	5:03	8	3:34	58	3:44	6.50	32:38	5:01	13	6:58	93	
Lap 3	3.25	16:34	5:05	10	3:38	63	3:47	9.75	49:12	5:02	13	10:36	93	
Lap 4	3.25	17:36	5:24	13	4:40	84	4:40	13.00	1:06:48	5:08	13	15:16	92	10:23
Lap 5	3.25	17:25	5:21	12	4:18	75	4:35	16.25	1:24:13	5:10	13	19:34	92	13:22
Lap 6	3.25	17:21	5:20	12	4:05	70	4:13	19.50	1:41:34	5:12	13	23:39	92	15:27
Lap 7	3.25	18:14	5:36	13	4:48	84	5:19	22.75	1:59:48	5:15	13	28:27	90	10:43
Lap 8	3.25	19:01	5:51	12	5:19	88	5:49	26.00	2:18:49	5:20	13	33:46	90	12:43
Lap 9	3.25	19:33	6:00	11	5:42	85	6:09	29.25	2:38:22	5:24	13	39:28	89	12:22
Lap 10	3.25	22:12	6:49	13	8:13	108	8:37	32.50	3:00:34	5:33	13	47:41	88	49:53
Lap 11	3.25	25:14	7:45	15	11:04	121	12:05	35.75	3:25:48	5:45	13	58:45	87	1:01:58
Lap 12	3.25	21:43	6:40	11	7:17	93	8:02	39.00	3:47:31	5:50	13	1:06:02	87	1:10:00
Last lap Finish	3.25	21:25	6:35	11	7:09	96	7:53	42.25	4:08:56	5:53	13	1:13:11	93	2:42:43