



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Steinbrecher, Diethard**

Club: 100 Marathon Club Deutschland  
Number: 160

Course: 42.25 km  
Marathon

Category:  
Männer M60

Total time: 4:11:42

Speed: 10.01 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 98 (of 164)

Rank in course/Men: 91 (of 136)

Best time in course: 2:51:03

Rank in category: 4(of 7)

Best time in the category: 3:26:51

| 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     | 18:49      | 5:47         | 5           | 4:04        | 109     | 6:09       | 3.25          | 18:49      | 5:47         | 4        | 4:04        | 97      |            |
| Lap 2              | 3.25     | 18:40      | 5:44         | 5           | 3:59        | 109     | 5:56       | 6.50          | 37:29      | 5:46         | 4        | 8:03        | 97      |            |
| Lap 3              | 3.25     | 18:54      | 5:48         | 5           | 4:10        | 116     | 6:07       | 9.75          | 56:23      | 5:46         | 4        | 12:13       | 97      |            |
| Lap 4              | 3.25     | 18:59      | 5:50         | 5           | 4:20        | 112     | 6:03       | 13.00         | 1:15:22    | 5:47         | 4        | 16:33       | 96      | 18:57      |
| Lap 5              | 3.25     | 19:52      | 6:06         | 6           | 4:53        | 120     | 7:02       | 16.25         | 1:35:14    | 5:51         | 4        | 21:26       | 96      | 24:23      |
| Lap 6              | 3.25     | 19:00      | 5:50         | 3           | 3:57        | 103     | 5:52       | 19.50         | 1:54:14    | 5:51         | 4        | 25:23       | 96      | 28:07      |
| Lap 7              | 3.25     | 19:24      | 5:58         | 3           | 3:34        | 102     | 6:29       | 22.75         | 2:13:38    | 5:52         | 4        | 28:57       | 94      | 24:33      |
| Lap 8              | 3.25     | 19:19      | 5:56         | 3           | 3:30        | 93      | 6:07       | 26.00         | 2:32:57    | 5:52         | 4        | 32:27       | 94      | 26:51      |
| Lap 9              | 3.25     | 19:53      | 6:07         | 4           | 2:39        | 92      | 6:29       | 29.25         | 2:52:50    | 5:54         | 4        | 35:06       | 93      | 26:50      |
| Lap 10             | 3.25     | 19:32      | 6:00         | 3           | 2:38        | 75      | 5:57       | 32.50         | 3:12:22    | 5:55         | 4        | 37:44       | 92      | 1:01:41    |
| Lap 11             | 3.25     | 20:01      | 6:09         | 4           | 2:04        | 70      | 6:52       | 35.75         | 3:32:23    | 5:56         | 4        | 39:48       | 91      | 1:08:33    |
| Lap 12             | 3.25     | 20:19      | 6:15         | 4           | 2:47        | 70      | 6:38       | 39.00         | 3:52:42    | 5:58         | 4        | 42:35       | 91      | 1:15:11    |
| Last lap Finish    | 3.25     | 19:00      | 5:50         | 3           | 2:16        | 64      | 5:28       | 42.25         | 4:11:42    | 5:57         | 4        | 44:51       | 97      | 2:45:29    |