



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: 10.07 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