



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Radelhof, Alfred

Club: GM-Rennsteiglaufverein

Number: 162

Course: 42.25 km

Marathon

Category:

Männer M60

Total time: 4:20:02

Speed: 9.69 km/h

Running performance: 6:09 min/km

Rank in course/Total: 117 (of 164)

Rank in course/Men: 104 (of 136)

Best time in course: 2:51:03

Rank in category: 5(of 7)

Best time in the category: 3:26:51

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:37	5:25	3	2:52	85	4:57	3.25	17:37	5:25	5	2:52	110	
Lap 2	3.25	17:38	5:25	3	2:57	88	4:54	6.50	35:15	5:25	5	5:49	110	
Lap 3	3.25	18:24	5:39	3	3:40	103	5:37	9.75	53:39	5:30	5	9:29	110	
Lap 4	3.25	19:02	5:51	6	4:23	113	6:06	13.00	1:12:41	5:35	5	13:52	109	16:16
Lap 5	3.25	18:45	5:46	3	3:46	101	5:55	16.25	1:31:26	5:37	5	17:38	109	20:35
Lap 6	3.25	19:15	5:55	5	4:12	107	6:07	19.50	1:50:41	5:40	5	21:50	109	24:34
Lap 7	3.25	20:03	6:10	6	4:13	109	7:08	22.75	2:10:44	5:44	5	26:03	107	21:39
Lap 8	3.25	20:52	6:25	6	5:03	113	7:40	26.00	2:31:36	5:49	5	31:06	107	25:30
Lap 9	3.25	21:35	6:38	5	4:21	109	8:11	29.25	2:53:11	5:55	5	35:27	106	27:11
Lap 10	3.25	21:59	6:45	5	5:05	105	8:24	32.50	3:15:10	6:00	5	40:32	105	1:04:29
Lap 11	3.25	21:51	6:43	5	3:54	99	8:42	35.75	3:37:01	6:04	5	44:26	104	1:13:11
Lap 12	3.25	21:36	6:38	5	4:04	91	7:55	39.00	3:58:37	6:07	5	48:30	104	1:21:06
Last lap Finish	3.25	21:25	6:35	5	4:41	96	7:53	42.25	4:20:02	6:09	5	53:11	110	2:53:49