



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Littfin, Reinhold

Club: LT Lippehasen

Number: 149

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 5:13:35

Speed: 8.08 km/h

Running performance: 7:25 min/km

Rank in course/Total: 155 (of 164)

Rank in course/Men: 129 (of 136)

Best time in course: 2:51:03

Rank in category: 7(of 8)

Best time in the category: 3:49:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	21:43	6:40	7	6:03	134	9:03	3.25	21:43	6:40	7	5:27	134	1:33
Lap 2	3.25	21:52	6:43	7	6:00	133	9:08	6.50	43:35	6:42	7	10:35	134	2:10
Lap 3	3.25	21:36	6:38	8	5:24	132	8:49	9.75	1:05:11	6:41	7	15:08	134	1:38
Lap 4	3.25	21:27	6:35	7	5:09	124	8:31	13.00	1:26:38	6:39	7	19:34	133	30:13
Lap 5	3.25	21:54	6:44	7	5:30	128	9:04	16.25	1:48:32	6:40	7	24:12	133	37:41
Lap 6	3.25	22:27	6:54	8	5:52	130	9:19	19.50	2:10:59	6:43	7	28:58	133	44:52
Lap 7	3.25	23:09	7:07	7	5:42	128	10:14	22.75	2:34:08	6:46	7	33:53	131	45:03
Lap 8	3.25	24:17	7:28	7	6:33	132	11:05	26.00	2:58:25	6:51	7	38:58	131	52:19
Lap 9	3.25	25:41	7:54	8	7:49	134	12:17	29.25	3:24:06	6:58	7	45:03	130	58:06
Lap 10	3.25	26:45	8:13	8	8:31	132	13:10	32.50	3:50:51	7:06	7	51:21	129	1:40:10
Lap 11	3.25	27:05	8:19	7	8:17	132	13:56	35.75	4:17:56	7:12	6	1:05:51	128	1:54:06
Lap 12	3.25	28:32	8:46	6	10:32	132	14:51	39.00	4:46:28	7:20	6	1:15:40	128	2:08:57
Last lap Finish	3.25	27:07	8:20	7	9:40	134	13:35	42.25	5:13:35	7:25	8	1:47:16	135	3:47:22