



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: 8.04 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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | 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 |