



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Littwin, Rüdiger

Club: LT Lippehasen

Number: 150

Course: 42.25 km

Marathon

Category:

Männer M55

Total time: 5:13:33

Speed: 8.04 km/h

Running performance: 7:25 min/km

Rank in course/Total: 154 (of 164)

Rank in course/Men: 128 (of 136)

Best time in course: 2:51:03

Rank in category: 6(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 | 21:31 | 6:37 | 7 | 5:19 | 129 | 8:44 | 9.75 | 1:05:06 | 6:40 | 8 | 15:03 | 135 | 1:33 |
| Lap 4 | 3.25 | 21:27 | 6:35 | 7 | 5:09 | 124 | 8:31 | 13.00 | 1:26:33 | 6:39 | 8 | 19:29 | 134 | 30:08 |
| Lap 5 | 3.25 | 21:54 | 6:44 | 7 | 5:30 | 128 | 9:04 | 16.25 | 1:48:27 | 6:40 | 8 | 24:07 | 134 | 37:36 |
| Lap 6 | 3.25 | 22:24 | 6:53 | 7 | 5:49 | 127 | 9:16 | 19.50 | 2:10:51 | 6:42 | 8 | 28:50 | 134 | 44:44 |
| Lap 7 | 3.25 | 23:16 | 7:09 | 8 | 5:49 | 130 | 10:21 | 22.75 | 2:34:07 | 6:46 | 8 | 33:52 | 132 | 45:02 |
| Lap 8 | 3.25 | 24:18 | 7:28 | 8 | 6:34 | 133 | 11:06 | 26.00 | 2:58:25 | 6:51 | 7 | 38:58 | 131 | 52:19 |
| Lap 9 | 3.25 | 25:40 | 7:53 | 7 | 7:48 | 133 | 12:16 | 29.25 | 3:24:05 | 6:58 | 8 | 45:02 | 131 | 58:05 |
| Lap 10 | 3.25 | 26:38 | 8:11 | 7 | 8:24 | 131 | 13:03 | 32.50 | 3:50:43 | 7:05 | 8 | 51:13 | 130 | 1:40:02 |
| Lap 11 | 3.25 | 27:00 | 8:18 | 6 | 8:12 | 131 | 13:51 | 35.75 | 4:17:43 | 7:12 | 7 | 1:05:38 | 129 | 1:53:53 |
| Lap 12 | 3.25 | 28:40 | 8:49 | 7 | 10:40 | 133 | 14:59 | 39.00 | 4:46:23 | 7:20 | 7 | 1:15:35 | 129 | 2:08:52 |
| Last lap Finish | 3.25 | 27:10 | 8:21 | 8 | 9:43 | 135 | 13:38 | 42.25 | 5:13:33 | 7:25 | 7 | 1:47:14 | 134 | 3:47:20 |