



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz

Number: 579

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:32:55

Speed: 11.84 km/h

Running performance: 5:02 min/km

Rank in course/Total: 22 (of 148)

Rank in course/Men: 22 (of 130)

Best time in course: 2:45:50

Rank in category: 4(of 28)

Best time in the category: 2:51:44

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	15:50	4:52	14	3:02	57	3:34	3.25	15:50	4:52	24		25	3:02
Lap 2	3.25	15:51	4:52	11	2:27	45	3:13	6.50	31:41	4:52	24		25	5:29
Lap 3	3.25	16:07	4:57	11	3:06	50	3:36	9.75	47:48	4:54	24		25	7:31
Lap 4	3.25	15:57	4:54	10	3:00	40	3:26	13.00	1:03:45	4:54	24		25	8:57
Lap 5	3.25	15:55	4:53	8	2:47	33	3:18	16.25	1:19:40	4:54	24		25	9:49
Lap 6	3.25	15:50	4:52	7	2:55	27	3:12	19.50	1:35:30	4:53	24		25	8:48
Lap 7	3.25	16:20	5:01	8	3:02	33	3:40	22.75	1:51:50	4:54	24		25	7:10
Lap 8	3.25	15:41	4:49	5	2:23	21	3:04	26.00	2:07:31	4:54	24		24	1:37
Lap 9	3.25	15:50	4:52	4	2:38	17	3:07	29.25	2:23:21	4:54	24		24	0:30
Lap 10	3.25	16:20	5:01	3	2:55	15	3:31	32.50	2:39:41	4:54	24		24	
Lap 11	3.25	17:02	5:14	4	3:48	19	4:00	35.75	2:56:43	4:56	24		24	
Lap 12	3.25	17:40	5:26	7	4:13	26	4:16	39.00	3:14:23	4:59	24		23	
Last lap Finish	3.25	18:32	5:42	9	18:15	40	18:15	42.25	3:32:55	5:02	5	1:47:58	25	3:12:44