



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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | 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 |