



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz

Number: 28

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:17:46

Speed: 12.74 km/h

Running performance: 4:41 min/km

Rank in course/Total: 19 (of 250)

Rank in course/Men: 10 (of 212)

Best time in course: 2:57:03

Rank in category: 3(of 38)

Best time in the category: 3:00:08

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	14:46	4:32	11	1:06	29	1:55	3.25	14:46	4:32	11	1:06	29	1:55
Lap 2	3.25	14:47	4:32	11	1:05	31	1:54	6.50	29:33	4:32	9	2:11	27	3:49
Lap 3	3.25	15:08	4:39	13	1:01	35	2:18	9.75	44:41	4:34	9	3:12	27	6:07
Lap 4	3.25	15:10	4:39	11	1:13	33	2:04	13.00	59:51	4:36	11	4:18	29	8:11
Lap 5	3.25	15:05	4:38	9	2:22	27	2:22	16.25	1:14:56	4:36	9	5:26	25	10:03
Lap 6	3.25	15:33	4:47	9	1:34	29	2:23	19.50	1:30:29	4:38	9	7:00	27	12:26
Lap 7	3.25	14:57	4:35	7	1:03	21	1:34	22.75	1:45:26	4:38	9	8:03	25	14:00
Lap 8	3.25	15:03	4:37	5	0:58	19	14:19	26.00	2:00:29	4:38	7	9:01	23	15:25
Lap 9	3.25	15:01	4:37	5	1:18	15	1:18	29.25	2:15:30	4:37	7	10:19	23	16:38
Lap 10	3.25	15:10	4:39	3	1:25	13	1:25	32.50	2:30:40	4:38	7	11:44	21	17:36
Lap 11	3.25	15:36	4:47	5	1:51	19	1:51	35.75	2:46:16	4:39	5	13:35	19	18:29
Lap 12	3.25	15:46	4:51	3	2:11	15	2:11	39.00	3:02:02	4:40	5	15:46	19	19:35
Last lap Finish	3.25	15:44	4:50	5	1:52	15	1:52	42.25	3:17:46	4:40	5	17:38	19	20:43