



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pommer, Mario

Club: Meddys LWT Koblenz

Number: 603

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:16:45

Speed: 12.81 km/h

Running performance: 4:40 min/km

Rank in course/Total: 13 (of 119)

Rank in course/Men: 13 (of 107)

Best time in course: 2:53:03

Rank in category: 5(of 24)

Best time in the category: 2:53:03

| 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 | 14:38 | 4:30 | 6 | 2:32 | 20 | 2:49 | 3.25 | 14:38 | 4:30 | 6 | 2:32 | 20 | 2:49 |
| Lap 2 | 3.25 | 15:04 | 4:38 | 6 | 2:19 | 18 | 2:24 | 6.50 | 29:42 | 4:34 | 6 | 4:49 | 20 | 5:13 |
| Lap 3 | 3.25 | 15:08 | 4:39 | 5 | 2:37 | 16 | 2:37 | 9.75 | 44:50 | 4:35 | 6 | 7:11 | 18 | 7:37 |
| Lap 4 | 3.25 | 14:51 | 4:34 | 5 | 2:12 | 14 | 2:12 | 13.00 | 59:41 | 4:35 | 6 | 9:23 | 17 | 9:41 |
| Lap 5 | 3.25 | 15:15 | 4:41 | 6 | 2:17 | 15 | 2:18 | 16.25 | 1:14:56 | 4:36 | 5 | 11:40 | 15 | 11:59 |
| Lap 6 | 3.25 | 15:01 | 4:37 | 6 | 1:55 | 14 | 1:55 | 19.50 | 1:29:57 | 4:36 | 5 | 13:35 | 15 | 13:48 |
| Lap 7 | 3.25 | 14:55 | 4:35 | 4 | 1:51 | 13 | 1:51 | 22.75 | 1:44:52 | 4:36 | 5 | 15:26 | 15 | 15:26 |
| Lap 8 | 3.25 | 15:34 | 4:47 | 5 | 2:29 | 15 | 2:29 | 26.00 | 2:00:26 | 4:37 | 5 | 17:55 | 15 | 17:55 |
| Lap 9 | 3.25 | 14:53 | 4:34 | 3 | 1:18 | 5 | 1:18 | 29.25 | 2:15:19 | 4:37 | 5 | 19:13 | 15 | 19:13 |
| Lap 10 | 3.25 | 15:09 | 4:39 | 2 | 1:02 | 2 | 1:02 | 32.50 | 2:30:28 | 4:37 | 5 | 20:15 | 15 | 20:15 |
| Lap 11 | 3.25 | 15:20 | 4:43 | 2 | 1:23 | 5 | 1:23 | 35.75 | 2:45:48 | 4:38 | 5 | 21:38 | 14 | 21:38 |
| Lap 12 | 3.25 | 15:19 | 4:42 | 2 | 1:17 | 3 | 1:17 | 39.00 | 3:01:07 | 4:38 | 5 | 22:55 | 13 | 22:55 |
| Last lap Finish | 3.25 | 15:38 | 4:48 | 2 | 0:47 | 7 | 0:47 | 42.25 | 3:16:45 | 4:39 | 5 | 23:42 | 13 | 23:42 |