



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

POMMER, Mario

Club: Meddys LWT Koblenz

Number: 753

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:18:32

Speed: 12.69 km/h

Running performance: 4:42 min/km

Rank in course/Total: 12 (of 168)

Rank in course/Men: 12 (of 144)

Best time in course: 2:45:49

Rank in category: 3(of 29)

Best time in the category: 2:56:23

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	14:35	4:29	4	1:38	17	3:41	3.25	14:35	4:29	4	1:38	17	3:41
Lap 2	3.25	15:06	4:38	6	2:06	24	3:19	6.50	29:41	4:33	5	3:44	19	7:00
Lap 3	3.25	15:16	4:41	5	2:10	23	2:51	9.75	44:57	4:36	5	5:54	20	9:51
Lap 4	3.25	15:16	4:41	4	1:38	23	2:39	13.00	1:00:13	4:37	5	7:32	20	12:30
Lap 5	3.25	14:58	4:36	3	1:19	14	2:38	16.25	1:15:11	4:37	4	8:51	19	15:08
Lap 6	3.25	15:11	4:40	3	1:30	15	2:47	19.50	1:30:22	4:38	4	10:21	18	17:55
Lap 7	3.25	15:06	4:38	3	1:40	13	2:18	22.75	1:45:28	4:38	4	12:01	16	20:13
Lap 8	3.25	15:14	4:41	3	1:40	14	2:25	26.00	2:00:42	4:38	3	13:41	14	22:38
Lap 9	3.25	15:02	4:37	3	1:35	10	1:54	29.25	2:15:44	4:38	3	15:16	14	24:27
Lap 10	3.25	15:19	4:42	3	1:41	6	2:29	32.50	2:31:03	4:38	3	16:57	13	26:56
Lap 11	3.25	15:36	4:47	3	1:25	9	2:06	35.75	2:46:39	4:39	3	18:22	13	29:02
Lap 12	3.25	15:54	4:53	2	1:40	10	1:57	39.00	3:02:33	4:40	3	20:02	12	30:59
Last lap Finish	3.25	15:59	4:55	3	2:07	16	2:07	42.25	3:18:32	4:41	3	22:09	12	32:43