**Marathon Analysis**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Runner** | Mass | **Normal Workout:****Kcals Used/Week (assume 5 min/km pace)** | **Race Training:**Kcals Used/Week**(assume 4.3 min/km pace)** | **Marathon:**Kcals Used**(see finish time)** |
| **Neal** | 68 kg (150 lb) | N.A. | 3,930 | 2,642 |
| **Amy** | 50 kg (110 lb) | N.A. | 2,890 | 2,090 |
| **Mel** | 82 kg (181 lb) | 2,624 | 3,850 | 3,661 |
| **John** | 75 kg (165 lb) | 1,875 | 2,709 | 3,341 |

**Calculations**