**Marathon Analysis**

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| **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**