



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rupp, Wolfgang

Club: Neu Wulmstorf

Number: 114

Course: 22.75 km

Halbmarathon

Category:

Senioren M65 (65-69 Jahre)

Total time: 2:00:51

Speed: 10.92 km/h

Running performance: 5:19 min/km

Rank in course/Total: 44 (of 128)

Rank in course/Men: 42 (of 109)

Best time in course: 1:26:57

Rank in category: 1(of 2)

Best time in the category: 2:00:51

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	15:49	4:51	1	-	30	3:33	3.25	15:49	4:51	1	-	47	15:49
Lap 2	3.25	16:14	4:59	1	-	37	3:57	6.50	32:03	4:55	1	-	47	32:03
Lap 3	3.25	16:48	5:10	1	-	41	4:37	9.75	48:51	5:00	1	-	44	48:51
Lap 4	3.25	17:19	5:19	1	-	45	5:07	13.00	1:06:10	5:05	1	-	43	1:06:10
Lap 5	3.25	17:49	5:28	1	-	47	5:14	16.25	1:23:59	5:10	1	-	42	1:09:10
Lap 6	3.25	18:14	5:36	1	-	48	5:36	19.50	1:42:13	5:14	1	-	41	1:09:33
Last lap Finish	3.25	18:38	5:44	1	-	56	18:13	22.75	2:00:51	5:18	1	-	48	1:16:27