



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**RÜPING, Uwe**

Club: Lauf Team Unna

Number: 113

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:58:22

Speed: 10.57 km/h

Running performance: 5:38 min/km

Rank in course/Total: 52 (of 110)

Rank in course/Men: 49 (of 100)

Best time in course: 2:42:44

Rank in category: 6(of 12)

Best time in the category: 3:16:48

### Intermediate times

### Stage score

### Total ranking

| Control         | Intermediate times |            |              |          | Stage score |         |            |          | Total ranking |              |          |             |         |            |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|                 | 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               | 17:01      | 5:14         | 6        | 3:09        | 51      | 5:48       | 3.25     | 17:01         | 5:14         | 6        | 3:09        | 51      | 5:48       |
| Lap 2           | 3.25               | 16:29      | 5:04         | 3        | 2:25        | 33      | 4:46       | 6.50     | 33:30         | 5:09         | 4        | 5:34        | 40      | 10:34      |
| Lap 3           | 3.25               | 16:30      | 5:04         | 4        | 2:08        | 36      | 4:18       | 9.75     | 50:00         | 5:07         | 3        | 7:42        | 36      | 14:52      |
| Lap 4           | 3.25               | 16:35      | 5:06         | 4        | 2:15        | 35      | 4:03       | 13.00    | 1:06:35       | 5:07         | 3        | 9:57        | 36      | 18:55      |
| Lap 5           | 3.25               | 16:59      | 5:13         | 4        | 2:19        | 33      | 4:15       | 16.25    | 1:23:34       | 5:08         | 4        | 12:16       | 35      | 23:10      |
| Lap 6           | 3.25               | 17:18      | 5:19         | 5        | 2:05        | 36      | 4:32       | 19.50    | 1:40:52       | 5:10         | 4        | 14:21       | 37      | 27:32      |
| Lap 7           | 3.25               | 18:18      | 5:37         | 6        | 2:50        | 51      | 5:45       | 22.75    | 1:59:10       | 5:14         | 4        | 17:11       | 37      | 33:17      |
| Lap 8           | 3.25               | 18:24      | 5:39         | 6        | 3:11        | 49      | 5:40       | 26.00    | 2:17:34       | 5:17         | 4        | 20:22       | 37      | 38:57      |
| Lap 9           | 3.25               | 21:31      | 6:37         | 8        | 5:34        | 76      | 8:43       | 29.25    | 2:39:05       | 5:26         | 5        | 25:56       | 40      | 47:40      |
| Lap 10          | 3.25               | 19:23      | 5:57         | 6        | 3:11        | 47      | 6:28       | 32.50    | 2:58:28       | 5:29         | 5        | 29:07       | 41      | 54:08      |
| Lap 11          | 3.25               | 21:21      | 6:34         | 6        | 5:06        | 62      | 8:21       | 35.75    | 3:19:49       | 5:35         | 6        | 34:13       | 50      | 1:02:29    |
| Lap 12          | 3.25               | 20:00      | 6:09         | 5        | 4:08        | 45      | 7:15       | 39.00    | 3:39:49       | 5:38         | 6        | 38:21       | 50      | 1:09:44    |
| Last lap Finish | 3.25               | 18:33      | 5:42         | 3        | 3:13        | 31      | 5:54       | 42.25    | 3:58:22       | 5:38         | 6        | 41:34       | 49      | 1:15:38    |