



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RUPP, Jürgen

Club: LMS Stuttgart

Number: 486

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:18:21

Speed: 9.54 km/h

Running performance: 6:05 min/km

Rank in course/Total: 165 (of 261)

Rank in course/Men: 148 (of 215)

Best time in course: 1:25:10

Rank in category: 13(of 20)

Best time in the category: 1:47:11

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	18:11	5:35	13	3:26	150	6:53	3.25	18:11	5:35	13	3:26	150	6:53
Lap 2	3.25	18:51	5:48	15	3:48	155	7:02	6.50	37:02	5:41	14	7:14	150	13:41
Lap 3	3.25	19:13	5:54	13	3:57	153	7:01	9.75	56:15	5:46	14	11:11	149	20:42
Lap 4	3.25	19:27	5:59	12	4:11	138	7:01	13.00	1:15:42	5:49	15	15:22	149	27:43
Lap 5	3.25	20:02	6:09	11	4:32	143	7:32	16.25	1:35:44	5:53	15	19:54	150	35:15
Lap 6	3.25	21:21	6:34	12	5:36	157	8:53	19.50	1:57:05	6:00	14	25:30	149	44:08
Last lap Finish	3.25	21:16	6:32	12	5:40	151	19:10	22.75	2:18:21	6:04	13	31:10	150	2:16:15