



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RüHL, Wolfgang

Club: LT-HEMSBACH

Number: 769

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:34:58

Speed: 9.16 km/h

Running performance: 6:31 min/km

Rank in course/Total: 120 (of 168)

Rank in course/Men: 109 (of 144)

Best time in course: 2:45:49

Rank in category: 9(of 13)

Best time in the category: 3:40:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:54	6:07	9	6:02	123	9:00	3.25	19:54	6:07	9	6:02	123	9:00
Lap 2	3.25	19:05	5:52	8	4:38	113	7:18	6.50	38:59	5:59	9	10:40	117	16:18
Lap 3	3.25	19:47	6:05	9	4:52	119	7:22	9.75	58:46	6:01	9	15:32	118	23:40
Lap 4	3.25	20:02	6:09	8	4:56	117	7:25	13.00	1:18:48	6:03	9	20:28	120	31:05
Lap 5	3.25	21:10	6:30	9	5:49	123	8:50	16.25	1:39:58	6:09	9	26:17	120	39:55
Lap 6	3.25	21:13	6:31	9	4:58	122	8:49	19.50	2:01:11	6:12	9	31:15	120	48:44
Lap 7	3.25	20:56	6:26	9	4:42	114	8:08	22.75	2:22:07	6:14	9	35:57	118	56:52
Lap 8	3.25	20:52	6:25	6	3:27	100	8:03	26.00	2:42:59	6:16	9	39:24	116	1:04:55
Lap 9	3.25	21:58	6:45	8	3:51	106	8:50	29.25	3:04:57	6:19	9	43:15	114	1:13:40
Lap 10	3.25	22:23	6:53	8	3:19	99	9:33	32.50	3:27:20	6:22	9	46:34	111	1:23:13
Lap 11	3.25	23:09	7:07	8	4:02	100	9:39	35.75	3:50:29	6:26	9	50:36	112	1:32:52
Lap 12	3.25	22:11	6:49	3	1:53	85	8:14	39.00	4:12:40	6:28	9	52:29	112	1:41:06
Last lap Finish	3.25	22:18	6:51	5	1:51	88	8:26	42.25	4:34:58	6:30	9	54:13	109	1:49:09