



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rüping, Uwe

Club: Lauf Team Unna

Number: 781

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:28:16

Speed: 8.90 km/h

Running performance: 6:31 min/km

Rank in course/Total: 182 (of 244)

Rank in course/Men: 145 (of 179)

Best time in course: 1:31:15

Rank in category: 19(of 22)

Best time in the category: 1:53:58

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	19:30	6:00	16	3:54	138	6:32	3.25	19:30	6:00	16	3:54	138	6:32	
Lap 2	3.25	19:07	5:52	16	3:35	136	6:03	6.50	38:37	5:56	17	7:14	137	12:17	
Lap 3	3.25	20:00	6:09	19	4:18	144	6:50	9.75	58:37	6:00	18	11:32	142	19:07	
Lap 4	3.25	21:52	6:43	19	5:46	155	8:52	13.00	1:20:29	6:11	19	17:18	148	27:59	
Lap 5	3.25	21:50	6:43	20	5:13	149	9:03	16.25	1:42:19	6:17	20	22:31	148	37:02	
Lap 6	3.25	22:46	7:00	19	6:07	148	9:52	19.50	2:05:05	6:24	20	28:16	149	46:54	
Last lap Finish	3.25	23:11	7:08	19	7:10	143	10:07	22.75	2:28:16	6:31	19	34:18	146	1:16:00	