



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Ruppert, Ralf**

Club: LG Oelde/Wadersloh

Number: 782

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:14:31

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 103 (of 193)

Rank in course/Men: 92 (of 161)

Best time in course: 2:49:28

Rank in category: 18(of 35)

Best time in the category: 3:16:40

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	18:19	5:38	18	3:35	98	6:29	3.25	18:19	5:38	18	3:35	98	6:29
Lap 2	3.25	19:00	5:50	23	4:24	124	6:33	6.50	37:19	5:44	23	7:50	112	13:02
Lap 3	3.25	18:58	5:50	25	4:14	118	6:27	9.75	56:17	5:46	22	12:04	114	19:29
Lap 4	3.25	19:21	5:57	24	4:34	119	6:36	13.00	1:15:38	5:49	22	16:38	113	26:05
Lap 5	3.25	18:50	5:47	21	4:10	101	5:56	16.25	1:34:28	5:48	23	20:48	112	32:01
Lap 6	3.25	18:48	5:47	18	4:15	89	18:47	19.50	1:53:16	5:48	23	25:03	107	39:39
Lap 7	3.25	19:26	5:58	20	4:59	96	6:05	22.75	2:12:42	5:49	22	30:02	105	44:48
Lap 8	3.25	20:06	6:11	21	5:40	103	20:05	26.00	2:32:48	5:52	23	35:42	104	1:04:53
Lap 9	3.25	20:06	6:11	17	5:10	92	6:47	29.25	2:52:54	5:54	23	40:52	103	1:09:56
Lap 10	3.25	20:12	6:12	18	4:52	83	6:45	32.50	3:13:06	5:56	21	45:44	100	1:14:15
Lap 11	3.25	20:02	6:09	17	4:19	79	6:54	35.75	3:33:08	5:57	20	49:56	98	1:17:32
Lap 12	3.25	20:50	6:24	17	5:27	85	7:37	39.00	3:53:58	5:59	19	54:24	95	1:21:06
Last lap Finish	3.25	20:33	6:19	18	5:22	83	7:28	42.25	4:14:31	6:01	18	57:51	92	1:25:03