



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Rupp, Jürgen

Club: LMS Stuttgart

Number: 479

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:21:57

Speed: 9.30 km/h

Running performance: 6:14 min/km

Rank in course/Total: 153 (of 244)

Rank in course/Men: 122 (of 177)

Best time in course: 1:31:43

Rank in category: 15(of 23)

Best time in the category: 1:57:26

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	18:49	5:47	13	4:08	121	6:51	3.25	18:49	5:47	13	4:08	121	6:51
Lap 2	3.25	19:24	5:58	16	4:02	129	6:49	6.50	38:13	5:52	14	8:10	123	13:40
Lap 3	3.25	19:42	6:03	15	2:34	129	6:58	9.75	57:55	5:56	15	10:24	123	20:10
Lap 4	3.25	19:38	6:02	13	2:10	111	6:25	13.00	1:17:33	5:57	14	12:34	121	26:22
Lap 5	3.25	20:19	6:15	14	2:49	106	7:03	16.25	1:37:52	6:01	14	14:49	120	32:55
Lap 6	3.25	21:27	6:35	16	3:42	122	8:06	19.50	1:59:19	6:07	15	18:31	120	40:37
Last lap Finish	3.25	22:38	6:57	18	6:00	128	9:50	22.75	2:21:57	6:14	15	24:31	122	50:14