



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

### Rüping, Uwe

Club: Lauf Team Unna

Number: 773

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:10:47

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 77 (of 185)

Rank in course/Men: 72 (of 161)

Best time in course: 2:53:52

Rank in category: 10(of 30)

Best time in the category: 3:39:08

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	18:58	5:50	16	5:13	109	7:11	3.25	18:58	5:50	16	5:13	109	7:11
Lap 2	3.25	18:41	5:44	14	4:37	105	18:40	6.50	37:39	5:47	16	9:50	109	20:24
Lap 3	3.25	18:37	5:43	14	4:08	97	5:47	9.75	56:16	5:46	15	13:58	106	22:52
Lap 4	3.25	19:08	5:53	14	4:17	98	6:10	13.00	1:15:24	5:48	15	18:15	104	25:45
Lap 5	3.25	18:43	5:45	11	3:17	82	5:31	16.25	1:34:07	5:47	14	21:32	99	30:32
Lap 6	3.25	19:21	5:57	15	3:11	90	6:03	19.50	1:53:28	5:49	14	24:43	97	36:35
Lap 7	3.25	19:42	6:03	13	3:18	88	6:20	22.75	2:13:10	5:51	14	28:01	96	42:42
Lap 8	3.25	20:47	6:23	19	3:50	99	20:46	26.00	2:33:57	5:55	14	31:23	97	49:44
Lap 9	3.25	19:27	5:59	9	2:24	68	5:28	29.25	2:53:24	5:55	13	32:54	90	55:12
Lap 10	3.25	19:16	5:55	7	2:07	55	5:20	32.50	3:12:40	5:55	12	32:41	85	1:00:22
Lap 11	3.25	19:38	6:02	5	2:12	52	19:37	35.75	3:32:18	5:56	10	31:43	79	1:05:59
Lap 12	3.25	19:32	6:00	5	2:19	46	5:42	39.00	3:51:50	5:56	10	30:17	75	1:11:29
Last lap Finish	3.25	18:57	5:49	7	1:42	46	5:55	42.25	4:10:47	5:56	10	31:39	72	1:16:55