



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Güntzel, Wieland

Club: Themar

Number: 53

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:38

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 108 (of 181)

Rank in course/Men: 86 (of 122)

Best time in course: 34:17

Rank in category: 5(of 10)

Best time in the category: 50:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:30	5:41	6	1:43	89	7:05	3.25	18:30	5:41	6	1:43	89	7:05
Lap 2	3.25	18:53	5:48	5	1:49	82	7:24	6.50	37:23	5:45	5	3:32	85	14:29
Last lap Finish	3.25	19:15	5:55	6	2:34	85	7:52	9.75	56:38	5:48	5	6:06	86	22:21