



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ULRICH, Günther

Club: SV 1916 Beuna

Number: 565

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 57:48

Speed: 9.34 km/h

Running performance: 5:56 min/km

Rank in course/Total: 77 (of 166)

Rank in course/Men: 57 (of 94)

Best time in course: 36:01

Rank in category: 2(of 3)

Best time in the category: 44:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:48	5:47	2	4:34	57	6:57	3.25	18:48	5:47	2	4:34	57	6:57
Lap 2	3.25	19:11	5:54	2	3:56	54	7:02	6.50	37:59	5:50	2	8:30	53	13:44
Last lap Finish	3.25	19:49	6:05	2	4:39	58	8:03	9.75	57:48	5:55	2	13:09	57	21:47