



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GÜNTHER, Ulrich

Club: SV 1916 Beuna

Number: 57

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 57:54

Speed: 9.33 km/h

Running performance: 5:56 min/km

Rank in course/Total: 131 (of 215)

Rank in course/Men: 99 (of 134)

Best time in course: 36:45

Rank in category: 3(of 5)

Best time in the category: 43:14

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	18:15	5:36	4	4:32	97	6:43	3.25	18:15	5:36	4	4:32	97	6:43
Lap 2	3.25	19:03	5:51	3	4:26	91	6:28	6.50	37:18	5:44	3	8:58	95	13:03
Last lap Finish	3.25	20:36	6:20	3	5:42	109	8:07	9.75	57:54	5:56	3	14:40	99	21:09