



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**GÜNTHER, Johannes**

Club: Laufftreff Breitungen

Number: 655

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:45:05

Speed: 8.84 km/h

Running performance: 6:45 min/km

Rank in course/Total: 131 (of 168)

Rank in course/Men: 116 (of 144)

Best time in course: 2:45:49

Rank in category: 8(of 10)

Best time in the category: 3:03:49

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	19:07	5:52	10	6:20	115	8:13	3.25	19:07	5:52	10	6:20	115	8:13
Lap 2	3.25	18:50	5:47	9	6:04	106	7:03	6.50	37:57	5:50	10	12:24	112	15:16
Lap 3	3.25	19:01	5:51	8	6:17	105	6:36	9.75	56:58	5:50	9	18:41	108	21:52
Lap 4	3.25	19:11	5:54	8	6:02	104	6:34	13.00	1:16:09	5:51	9	24:43	109	28:26
Lap 5	3.25	19:34	6:01	8	6:12	105	7:14	16.25	1:35:43	5:53	8	30:55	109	35:40
Lap 6	3.25	20:14	6:13	8	6:46	110	7:50	19.50	1:55:57	5:56	8	37:41	110	43:30
Lap 7	3.25	20:51	6:24	9	6:58	111	8:03	22.75	2:16:48	6:00	8	44:39	109	51:33
Lap 8	3.25	22:01	6:46	9	7:18	113	9:12	26.00	2:38:49	6:06	8	51:48	109	1:00:45
Lap 9	3.25	24:30	7:32	9	10:01	122	11:22	29.25	3:03:19	6:16	8	1:01:24	110	1:12:02
Lap 10	3.25	24:18	7:28	9	8:58	117	11:28	32.50	3:27:37	6:23	8	1:10:22	114	1:23:30
Lap 11	3.25	25:31	7:51	8	10:08	120	12:01	35.75	3:53:08	6:31	8	1:20:30	114	1:35:31
Lap 12	3.25	24:50	7:38	9	9:00	109	10:53	39.00	4:17:58	6:36	8	1:29:30	115	1:46:24
Last lap Finish	3.25	27:07	8:20	8	11:50	128	13:15	42.25	4:45:05	6:44	8	1:41:16	116	1:59:16