



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Güntzel, Christoph

Club: Lok Themar

Number: 82

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 53:38

Speed: 10.07 km/h

Running performance: 5:30 min/km

Rank in course/Total: 93 (of 246)

Rank in course/Men: 69 (of 148)

Best time in course: 33:48

Rank in category: 7(of 12)

Best time in the category: 35:19

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	16:37	5:06	7	5:03	61	6:06	3.25	16:37	5:06	7	5:03	61	6:06
Lap 2	3.25	18:45	5:46	7	6:39	80	7:14	6.50	35:22	5:26	7	11:42	68	13:20
Last lap Finish	3.25	18:16	5:37	8	6:37	74	6:37	9.75	53:38	5:30	7	18:19	69	19:50