



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Güntzel, Christoph

Club: Lok Themar

Number: 72

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 52:46

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 68 (of 220)

Rank in course/Men: 55 (of 126)

Best time in course: 35:30

Rank in category: 5(of 10)

Best time in the category: 42:19

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	16:32	5:05	4	3:43	47	5:19	3.25	16:32	5:05	4	3:43	47	5:19
Lap 2	3.25	17:58	5:31	5	3:48	58	17:57	6.50	34:30	5:18	5	7:20	51	17:09
Last lap Finish	3.25	18:16	5:37	7	4:32	59	6:04	9.75	52:46	5:24	5	10:27	55	17:16