



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Elsholz, Heiko

Club: Burghaun

Number: 433

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:13

Speed: 11.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 21 (of 149)

Rank in course/Men: 21 (of 105)

Best time in course: 32:58

Rank in category: 1(of 11)

Best time in the category: 45:13

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	13:42	4:12	1	-	13	3:27	3.25	13:42	4:12	2	-	22	3:27
Lap 2	3.25	16:18	5:00	4	1:12	33	4:31	6.50	30:00	4:36	1	-	21	5:15
Last lap Finish	3.25	15:13	4:40	1	-	21	7:00	9.75	45:13	4:38	1	-	21	12:15