



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Elsholz, Heiko

Club: Burghaun

Number: 1033

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:51

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 16 (of 163)

Rank in course/Men: 15 (of 115)

Best time in course: 34:41

Rank in category: 2(of 9)

Best time in the category: 40:32

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	13:38	4:11	2	0:28	7	2:26	3.25	13:38	4:11	2	0:28	15	2:26
Lap 2	3.25	15:05	4:38	2	1:22	20	3:22	6.50	28:43	4:25	2	1:50	15	5:43
Last lap Finish	3.25	15:08	4:39	2	1:29	20	3:44	9.75	43:51	4:29	2	3:19	15	9:10