



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Elsholz, Heiko**

Club: Lustige Läufer SVS

Number: 31

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:56

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 14 (of 181)

Rank in course/Men: 13 (of 122)

Best time in course: 34:17

Rank in category: 3(of 16)

Best time in the category: 39:21

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 13:15         | 4:04            | 3           | 0:27           | 13          | 1:50          | 3.25          | 13:15         | 4:04            | 3           | 0:27           | 13         | 1:50          |
| Lap 2           | 3.25        | 14:17         | 4:23            | 3           | 0:56           | 14          | 2:48          | 6.50          | 27:32         | 4:14            | 3           | 1:23           | 13         | 4:38          |
| Last lap Finish | 3.25        | 14:24         | 4:25            | 4           | 1:12           | 16          | 3:01          | 9.75          | 41:56         | 4:18            | 3           | 2:35           | 13         | 7:39          |