



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: 12.88 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 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	13:15	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