



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ELSHOLZ, Heiko

Club: Lustige Läufer SV Steinbach
Number: 426

Course: 9.75 km
10 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 40:38

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 9 (of 166)

Rank in course/Men: 9 (of 94)

Best time in course: 36:01

Rank in category: 2(of 11)

Best time in the category: 40:20

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	12:54	3:58	2	0:11	9	1:03	3.25	12:54	3:58	2	0:11	9	1:03
Lap 2	3.25	13:44	4:13	1	-	8	1:35	6.50	26:38	4:05	2	0:03	9	2:23
Last lap Finish	3.25	14:00	4:18	2	0:15	9	2:14	9.75	40:38	4:10	2	0:18	9	4:37