



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Hölzel, Holger

Club: Köln

Number: 137

Course: 42.20 km

Marathon

Category:

Männer M35

Total time: 4:36:45

Speed: 9.11 km/h

Running performance: 6:34 min/km

Rank in course/Total: 127 (of 292)

Rank in course/Men: 122 (of 267)

Best time in course: 3:13:29

Rank in category: 21(of 50)

Best time in the category: 3:22:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Lap 1	12.50	1:16:30	6:07	27	19:40	141	22:38	12.50	1:16:30	6:07	46		121	8:15
Lap 2	10.55	1:03:17	5:59	16	13:59	78	15:31	23.05	2:19:47	6:03	46		126	8:09
Lap 3	10.55	1:13:30	6:58	22	20:06	120	25:11	33.60	3:33:17	6:20	44		115	1:00:20
Last lap Finish	8.60	1:03:28	7:22	30	21:52	166	26:48	42.20	4:36:45	6:33	23	1:14:39	138	3:33:28