



9. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HÖLZEL, Holger

Club: Vorwärts Köln
Number: 130

Course: 42.16 km
Marathon

Category:
Männer M35

Total time: 4:37:07

Speed: 9.09 km/h
Running performance: 6:34 min/km

Rank in course/Total: 131 (of 289)

Rank in course/Men: 127 (of 261)

Best time in course: 3:20:36

Rank in category: 24(of 42)

Best time in the category: 3:29:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	28:07	5:20	8	5:45	56	5:45	5.27	28:07	5:20	6		137	
Lap 2	5.27	29:31	5:36	15	6:05	82	6:05	10.54	57:38	5:28	9		110	
Lap 3	5.27	31:17	5:56	20	7:39	116	7:39	15.81	1:28:55	5:37	6		132	
Lap 4	5.27	32:08	6:05	19	7:06	107	7:30	21.08	2:01:03	5:44	33		215	
Lap 5	5.27	34:52	6:36	25	8:43	139	9:33	26.35	2:35:55	5:55	6		125	33:06
Lap 6	5.27	37:17	7:04	26	10:46	147	11:26	31.62	3:13:12	6:06	4		111	44:26
Lap 7	5.27	40:51	7:45	29	13:12	160	14:44	36.89	3:54:03	6:20	6		120	59:10
Last lap Finish	5.27	43:04	8:10	33	16:27	180	17:21	42.16	4:37:07	6:34	27	3:11:14	137	4:10:20