



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HÖLZEL, Holger

Club: Vorwärts Köln

Number: 52

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:41:55

Speed: 11.36 km/h

Running performance: 5:15 min/km

Rank in course/Total: 41 (of 143)

Rank in course/Men: 40 (of 129)

Best time in course: 2:55:38

Rank in category: 8(of 23)

Best time in the category: 3:12:05

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	14:27	4:26	2	0:53	17	2:10	3.25	14:27	4:26	15		46	
Lap 2	3.25	15:26	4:44	5	1:45	33	2:35	6.50	29:53	4:35	15		46	
Lap 3	3.25	16:13	4:59	8	2:11	41	3:18	9.75	46:06	4:43	15		46	
Lap 4	3.25	16:21	5:01	7	2:18	41	3:28	13.00	1:02:27	4:48	15		34	
Lap 5	3.25	16:32	5:05	9	2:20	43	3:31	16.25	1:18:59	4:51	15		46	
Lap 6	3.25	16:17	5:00	5	1:50	34	3:24	19.50	1:35:16	4:53	15		46	
Lap 7	3.25	17:00	5:13	10	2:27	47	3:50	22.75	1:52:16	4:56	15		46	
Lap 8	3.25	17:00	5:13	7	2:21	39	3:28	26.00	2:09:16	4:58	15		42	25:02
Lap 9	3.25	18:02	5:32	10	3:11	46	4:24	29.25	2:27:18	5:02	15		42	29:14
Lap 10	3.25	17:05	5:15	4	1:51	28	3:02	32.50	2:44:23	5:03	15		41	32:16
Lap 11	3.25	18:00	5:32	5	2:24	31	3:52	35.75	3:02:23	5:06	15		40	36:08
Lap 12	3.25	19:18	5:56	9	3:11	46	5:27	39.00	3:21:41	5:10	15		40	40:43
Last lap Finish	3.25	20:14	6:13	10	4:11	62	6:39	42.25	3:41:55	5:15	10	1:10:15	46	1:12:12