



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Hölzel, Holger

Club: Vorwärts Köln
Number: 148

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:41:32

Speed: 8.95 km/h
Running performance: 6:41 min/km

Rank in course/Total: 129 (of 311)

Rank in course/Men: 121 (of 279)

Best time in course: 3:02:44

Rank in category: 29(of 62)

Best time in the category: 3:33:30

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	31:06	5:54	26	8:20	108	9:23	5.27	31:06	5:54	61		113	0:33
Runde	5.27	33:07	6:17	38	9:26	154	11:24	10.54	1:04:13	6:05	60		121	20:47
Runde	5.27	31:48	6:02	24	7:05	105	9:33	15.81	1:36:01	6:04	60		121	30:20
Runde	5.27	32:56	6:14	24	7:10	110	10:08	21.08	2:08:57	6:07	60		121	40:28
Runde	5.27	35:00	6:38	29	8:30	125	12:24	26.35	2:43:57	6:13	60		121	52:52
Runde	5.27	36:07	6:51	27	7:58	106	13:35	31.62	3:20:04	6:19	60		121	1:06:27
Runde	5.27	38:01	7:12	26	9:34	109	14:49	36.89	3:58:05	6:27	60		120	1:21:16
Runde	5.27	43:27	8:14	39	16:27	178	27:42	42.16	4:41:32	6:40	30	3:48:10	127	3:48:10