



# 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 |