



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Hölzel, Holger**

Club: Vorwärts Köln

Number: 77

Course: 42.25 km

Marathon

Category:

Männer M40

Total time: 3:38:14

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 35 (of 164)

Rank in course/Men: 33 (of 136)

Best time in course: 2:51:03

Rank in category: 8(of 24)

Best time in the category: 2:51:03

Intermediate times				Stage score				Total ranking						
Control	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	3.25	14:20	4:24	4	1:27	18	1:40	3.25	14:20	4:24	17		39	
Lap 2	3.25	15:37	4:48	8	2:44	37	2:53	6.50	29:57	4:36	17		39	
Lap 3	3.25	15:43	4:50	8	2:56	35	2:56	9.75	45:40	4:41	17		39	
Lap 4	3.25	16:00	4:55	8	3:02	36	3:04	13.00	1:01:40	4:44	17		38	5:15
Lap 5	3.25	16:05	4:56	8	3:15	38	3:15	16.25	1:17:45	4:47	17		38	6:54
Lap 6	3.25	16:12	4:59	8	3:04	36	3:04	19.50	1:33:57	4:49	17		38	7:50
Lap 7	3.25	16:29	5:04	9	3:33	38	3:34	22.75	1:50:26	4:51	17		36	1:21
Lap 8	3.25	16:38	5:07	8	3:26	33	3:26	26.00	2:07:04	4:53	17		36	0:58
Lap 9	3.25	17:06	5:15	8	3:41	32	3:42	29.25	2:24:10	4:55	17		35	
Lap 10	3.25	17:01	5:14	6	3:26	25	3:26	32.50	2:41:11	4:57	17		34	30:30
Lap 11	3.25	17:35	5:24	5	4:26	27	4:26	35.75	2:58:46	5:00	17		33	34:56
Lap 12	3.25	19:56	6:08	16	6:15	64	6:15	39.00	3:18:42	5:05	17		33	41:11
Last lap Finish	3.25	19:32	6:00	18	6:00	71	6:00	42.25	3:38:14	5:09	9	1:25:45	39	2:12:01