



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

Detailed evaluation

Hölzel, Holger

Club: Vorwärts Köln
Number: 159

Course: 42.18 km
Marathon

Category:
Männer M40

Total time: 4:10:23

Speed: 10.06 km/h
Running performance: 5:56 min/km

Rank in course/Total: 81 (of 305)

Rank in course/Men: 76 (of 271)

Best time in course: 3:01:21

Rank in category: 16(of 54)

Best time in the category: 3:11:42

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
Runde	0.50	1:21	2:42	4	0:12	28	0:12	0.50	1:21	2:42	35		24	
Runde	3.47	17:32	5:03	11	3:27	61	4:01	3.97	18:53	4:45	46		95	
Runde	3.47	18:24	5:18	18	3:59	82	4:10	7.44	37:17	5:00	46		93	
Runde	3.47	18:31	5:20	15	4:01	75	15:22	10.91	55:48	5:06	45		92	
Runde	3.47	19:06	5:30	19	4:45	90	4:45	14.38	1:14:54	5:12	43		58	
Runde	3.47	19:53	5:43	21	5:04	102	5:28	17.85	1:34:47	5:18	43		89	0:45
Runde	3.47	20:29	5:54	23	5:29	108	5:54	21.32	1:55:16	5:24	43		88	28:08
Runde	3.47	20:49	5:59	16	5:03	84	6:17	24.79	2:16:05	5:29	43		88	34:02
Runde	3.47	21:50	6:17	19	5:17	98	7:25	28.26	2:37:55	5:35	43		83	40:38
Runde	3.47	21:51	6:17	15	4:21	75	6:52	31.73	2:59:46	5:39	42		81	46:15
Runde	3.47	23:01	6:37	15	5:08	84	7:34	35.20	3:22:47	5:45	42		77	48:37
Runde	3.47	24:22	7:01	17	6:47	105	8:30	38.67	3:47:09	5:52	42		76	1:02:01
Finish	3.47	23:14	6:41	13	6:18	95	7:38	42.18	4:10:23	5:56	16	58:41	76	1:09:02