



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Hölzel, Holger

Club: AQUAMAN Innovation Team
Number: 138

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:03:36

Speed: 10.19 km/h
Running performance: 5:47 min/km

Rank in course/Total: 10 (of 62)

Rank in course/Men: 10 (of 51)

Best time in course: 1:34:46

Rank in category: 2(of 8)

Best time in the category: 1:50:55

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	3.47	18:37	5:21	3	0:13	8	4:05	3.47	18:37	5:21	4		7	
Runde	3.47	20:19	5:51	2	2:24	11	5:24	6.94	38:56	5:36	4		7	
Runde	3.47	21:20	6:08	3	3:14	14	5:47	10.41	1:00:16	5:47	6		40	
Runde	3.47	20:51	6:00	2	2:29	10	4:46	13.88	1:21:07	5:50	4		7	
Runde	3.47	21:08	6:05	2	2:28	9	4:28	17.35	1:42:15	5:53	4		7	
Runde	3.97	21:21	5:22	2	1:53	9	4:20	21.34	2:03:36	5:47	2	12:41	10	28:50