



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Hölzel, Holger

Club: TriCologne

Number: 55

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:35:25

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 20 (of 114)

Rank in course/Men: 19 (of 100)

Best time in course: 2:50:01

Rank in category: 7(of 25)

Best time in the category: 3:06:08

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	15:00	4:36	10	1:46	23	3:00	3.25	15:00	4:36	20		57	
Lap 2	3.25	16:09	4:58	9	2:22	29	3:27	6.50	31:09	4:47	20		57	
Lap 3	3.25	16:30	5:04	13	2:53	39	3:51	9.75	47:39	4:53	20		57	
Lap 4	3.25	16:23	5:02	9	2:51	33	3:46	13.00	1:04:02	4:55	20		57	
Lap 5	3.25	16:21	5:01	8	2:59	27	3:40	16.25	1:20:23	4:56	20		57	
Lap 6	3.25	16:24	5:02	9	2:58	23	3:29	19.50	1:36:47	4:57	20		58	
Lap 7	3.25	16:04	4:56	7	2:34	19	3:03	22.75	1:52:51	4:57	20		58	
Lap 8	3.25	17:34	5:24	11	3:12	36	4:19	26.00	2:10:25	5:00	20		58	
Lap 9	3.25	16:31	5:04	8	1:43	21	3:07	29.25	2:26:56	5:01	20		58	
Lap 10	3.25	16:35	5:06	8	1:37	18	3:02	32.50	2:43:31	5:01	20		58	
Lap 11	3.25	17:21	5:20	8	2:32	19	3:49	35.75	3:00:52	5:03	20		58	
Lap 12	3.25	17:09	5:16	6	1:57	13	3:12	39.00	3:18:01	5:04	20		58	
Last lap Finish	3.25	17:24	5:21	8	2:49	21	3:39	42.25	3:35:25	5:05	7	29:17	19	45:24