



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Hölzel, Holger

Club: Sportshop-Triathlon Team
Number: 204

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:08:27

Speed: 9.81 km/h
Running performance: 6:01 min/km

Rank in course/Total: 47 (of 201)

Rank in course/Men: 41 (of 167)

Best time in course: 1:32:52

Rank in category: 9(of 34)

Best time in the category: 1:41:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	18:03	5:12	7	3:22	25	3:43	3.47	18:03	5:12	15		156		
Runde	3.47	21:30	6:11	11	5:18	63	6:41	6.94	39:33	5:41	15		155	9:55	
Runde	3.47	21:29	6:11	10	7:49	44	7:49	10.41	1:01:02	5:51	15		155	15:51	
Runde	3.47	21:58	6:19	9	4:11	46	6:11	13.88	1:23:00	5:58	15		153	22:02	
Runde	3.47	22:27	6:28	9	4:08	40	6:26	17.35	1:45:27	6:04	15		152	28:28	
Runde	3.97	23:00	5:47	8	5:23	51	22:24	21.34	2:08:27	6:01	9	26:45	42	1:21:00	