



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hölzel, Holger

Club: Sportshop-Triathlon Team
Number: 33

Course: 42.25 km
Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:59:58

Speed: 10.50 km/h
Running performance: 5:41 min/km

Rank in course/Total: 119 (of 250)

Rank in course/Men: 56 (of 212)

Best time in course: 2:57:03

Rank in category: 14(of 38)

Best time in the category: 3:00:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:11	4:40	13	1:31	43	2:20	3.25	15:11	4:40	13	1:31	43	2:20
Lap 2	3.25	16:44	5:08	19	3:02	83	3:51	6.50	31:55	4:54	17	4:33	55	6:11
Lap 3	3.25	16:55	5:12	23	2:48	87	4:05	9.75	48:50	5:00	17	7:21	57	10:16
Lap 4	3.25	17:03	5:14	23	3:06	87	3:57	13.00	1:05:53	5:04	17	10:20	57	14:13
Lap 5	3.25	17:25	5:21	25	4:42	103	4:42	16.25	1:23:18	5:07	21	13:48	61	18:25
Lap 6	3.25	17:53	5:30	27	3:54	115	4:43	19.50	1:41:11	5:11	21	17:42	71	23:08
Lap 7	3.25	18:48	5:47	31	4:54	141	5:25	22.75	1:59:59	5:16	23	22:36	83	28:33
Lap 8	3.25	19:59	6:08	33	5:54	159	19:15	26.00	2:19:58	5:23	25	28:30	93	34:54
Lap 9	3.25	18:53	5:48	23	5:10	105	5:10	29.25	2:38:51	5:25	25	33:40	93	39:59
Lap 10	3.25	19:47	6:05	25	6:02	121	6:02	32.50	2:58:38	5:29	27	39:42	101	45:34
Lap 11	3.25	20:29	6:18	25	6:44	123	6:44	35.75	3:19:07	5:34	27	46:26	107	51:20
Lap 12	3.25	21:09	6:30	23	7:34	123	7:34	39.00	3:40:16	5:38	25	54:00	105	57:49
Last lap Finish	3.25	19:42	6:03	21	5:50	99	5:50	42.25	3:59:58	5:40	27	59:50	111	1:02:55