



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Holzel, Holger

Club: Sportshop-Triathlon Team

Number: 550

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:14:50

Speed: 9.89 km/h

Running performance: 6:02 min/km

Rank in course/Total: 74 (of 119)

Rank in course/Men: 68 (of 107)

Best time in course: 2:53:03

Rank in category: 15(of 24)

Best time in the category: 3:08:05

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	17:09	5:16	14	4:01	59	5:20	3.25	17:09	5:16	14	4:01	59	5:20
Lap 2	3.25	16:44	5:08	12	2:55	47	4:04	6.50	33:53	5:12	12	6:50	52	9:24
Lap 3	3.25	17:43	5:27	12	4:05	59	5:12	9.75	51:36	5:17	12	10:46	52	14:23
Lap 4	3.25	18:16	5:37	15	4:32	67	5:37	13.00	1:09:52	5:22	12	15:18	56	19:52
Lap 5	3.25	18:27	5:40	15	4:37	70	5:30	16.25	1:28:19	5:26	13	19:55	60	25:22
Lap 6	3.25	18:36	5:43	14	4:27	67	5:30	19.50	1:46:55	5:28	13	24:22	61	30:46
Lap 7	3.25	19:16	5:55	17	5:11	75	6:12	22.75	2:06:11	5:32	13	29:33	63	36:45
Lap 8	3.25	21:02	6:28	20	6:11	85	7:57	26.00	2:27:13	5:39	15	35:38	68	44:42
Lap 9	3.25	20:24	6:16	20	5:30	71	6:49	29.25	2:47:37	5:43	15	41:02	69	51:31
Lap 10	3.25	20:34	6:19	16	5:15	62	6:27	32.50	3:08:11	5:47	15	46:17	69	57:58
Lap 11	3.25	22:02	6:46	21	6:49	78	8:05	35.75	3:30:13	5:52	15	53:06	69	1:06:03
Lap 12	3.25	22:32	6:56	20	6:47	79	8:30	39.00	3:52:45	5:58	15	59:53	68	1:14:33
Last lap Finish	3.25	22:05	6:47	18	6:52	65	7:14	42.25	4:14:50	6:01	15	1:06:45	68	1:21:47