



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**HÖLZEL, Holger**

Club: Sportshop-Triathlon Team

Number: 55

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:41:50

Speed: 11.36 km/h

Running performance: 5:15 min/km

Rank in course/Total: 25 (of 110)

Rank in course/Men: 24 (of 100)

Best time in course: 2:42:44

Rank in category: 7(of 26)

Best time in the category: 3:07:53

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	14:49	4:33	7	1:45	20	3:36	3.25	14:49	4:33	7	1:45	20	3:36
Lap 2	3.25	15:32	4:46	8	1:58	23	3:49	6.50	30:21	4:40	8	3:43	22	7:25
Lap 3	3.25	15:44	4:50	8	1:54	23	3:32	9.75	46:05	4:43	8	5:37	22	10:57
Lap 4	3.25	16:04	4:56	8	1:57	26	3:32	13.00	1:02:09	4:46	8	7:34	22	14:29
Lap 5	3.25	16:47	5:09	8	2:45	31	4:03	16.25	1:18:56	4:51	8	10:19	22	18:32
Lap 6	3.25	16:44	5:08	8	2:38	30	3:58	19.50	1:35:40	4:54	7	12:57	21	22:20
Lap 7	3.25	16:30	5:04	7	2:16	24	3:57	22.75	1:52:10	4:55	7	15:13	21	26:17
Lap 8	3.25	17:29	5:22	8	3:02	29	4:45	26.00	2:09:39	4:59	7	18:15	22	31:02
Lap 9	3.25	17:52	5:29	9	3:24	33	5:04	29.25	2:27:31	5:02	7	21:39	23	36:06
Lap 10	3.25	18:20	5:38	8	3:21	31	5:25	32.50	2:45:51	5:06	7	25:00	23	41:31
Lap 11	3.25	18:31	5:41	6	3:30	29	5:31	35.75	3:04:22	5:09	8	28:30	26	47:02
Lap 12	3.25	18:57	5:49	7	3:05	30	6:12	39.00	3:23:19	5:12	8	31:35	25	53:14
Last lap Finish	3.25	18:31	5:41	5	2:22	30	5:52	42.25	3:41:50	5:15	7	33:57	24	59:06