



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HÖLZEL, Holger

Club: Sportshop-Triathlon Team

Number: 674

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:03:29

Speed: 10.69 km/h

Running performance: 5:26 min/km

Rank in course/Total: 98 (of 261)

Rank in course/Men: 89 (of 215)

Best time in course: 1:25:10

Rank in category: 11(of 34)

Best time in the category: 1:39:17

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
Lap 1	3.25	15:36	4:47	11	2:45	78	4:18	3.25	15:36	4:47	11	2:45	78	4:18
Lap 2	3.25	17:03	5:14	14	2:54	103	5:14	6.50	32:39	5:01	11	5:39	88	9:18
Lap 3	3.25	17:29	5:22	14	3:06	101	5:17	9.75	50:08	5:08	12	8:45	90	14:35
Lap 4	3.25	17:25	5:21	9	3:50	85	4:59	13.00	1:07:33	5:11	11	11:41	90	19:34
Lap 5	3.25	18:04	5:33	10	4:56	91	5:34	16.25	1:25:37	5:16	9	15:14	86	25:08
Lap 6	3.25	18:47	5:46	13	4:59	97	6:19	19.50	1:44:24	5:21	10	19:23	88	31:27
Last lap Finish	3.25	19:05	5:52	16	5:30	104	16:59	22.75	2:03:29	5:25	12	31:50	91	2:01:23