



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FISCHER, Michael

Club: TC FIKO Rostock
Number: 75

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:49:26

Speed: 10.98 km/h
Running performance: 5:26 min/km

Rank in course/Total: 25 (of 289)

Rank in course/Men: 25 (of 261)

Best time in course: 3:20:36

Rank in category: 7(of 31)

Best time in the category: 3:22:43

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	5.27	25:36	4:51	8	1:59	19	3:14	5.27	25:36	4:51	26		32	
Lap 2	5.27	27:27	5:12	11	2:54	41	4:01	10.54	53:03	5:01	21		30	
Lap 3	5.27	27:29	5:12	9	3:11	31	3:51	15.81	1:20:32	5:05	26		27	
Lap 4	5.27	28:12	5:21	9	3:33	32	3:34	21.08	1:48:44	5:09	21		26	
Lap 5	5.27	29:09	5:31	8	3:43	34	3:50	26.35	2:17:53	5:13	23		22	15:04
Lap 6	5.27	29:45	5:38	5	3:54	27	3:54	31.62	2:47:38	5:18	21	9:37	25	18:52
Lap 7	5.27	30:48	5:50	4	4:37	25	4:41	36.89	3:18:26	5:22	23		18	23:33
Last lap Finish	5.27	31:00	5:52	4	4:56	26	5:17	42.16	3:49:26	5:26	7	26:43	33	3:22:39