



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**GALLENKAMP, Falko**

Club: RockStore-Wuppertal  
Number: 87

Course: 42.16 km  
Marathon

Category:  
Männer M20

Total time: 3:50:29

Speed: 10.93 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 28 (of 289)

Rank in course/Men: 28 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 22)

Best time in the category: 3:31:12

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	5.27	26:52	5:05	4	2:50	38	4:30	5.27	26:52	5:05	20		35	
Lap 2	5.27	27:41	5:15	4	2:52	47	4:15	10.54	54:33	5:10	13	0:58	33	
Lap 3	5.27	28:04	5:19	3	3:10	38	4:26	15.81	1:22:37	5:13	20		30	
Lap 4	5.27	26:30	5:01	2	0:59	14	1:52	21.08	1:49:07	5:10	12	0:49	29	
Lap 5	5.27	28:29	5:24	3	2:29	24	3:10	26.35	2:17:36	5:13	18		25	14:47
Lap 6	5.27	29:56	5:40	4	2:57	34	4:05	31.62	2:47:32	5:17	17		28	18:46
Lap 7	5.27	31:24	5:57	2	3:04	29	5:17	36.89	3:18:56	5:23	17		21	24:03
Last lap Finish	5.27	31:33	5:59	6	4:46	31	5:50	42.16	3:50:29	5:28	4	3:23:42	36	3:23:42