



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

ROSCH, Mathias

Club: Sportpark Halle/Saale
Number: 297

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:51:40

Speed: 10.92 km/h
Running performance: 5:29 min/km

Rank in course/Total: 29 (of 289)

Rank in course/Men: 29 (of 261)

Best time in course: 3:20:36

Rank in category: 8(of 55)

Best time in the category: 3:28:58

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	5.27	25:46	4:53	3	2:33	22	3:24	5.27	25:46	4:53	38		36	
Lap 2	5.27	26:17	4:59	3	1:47	22	2:51	10.54	52:03	4:56	32		34	
Lap 3	5.27	26:43	5:04	2	2:06	19	3:05	15.81	1:18:46	4:58	36		31	
Lap 4	5.27	26:56	5:06	4	1:55	21	2:18	21.08	1:45:42	5:00	33		30	
Lap 5	5.27	28:31	5:24	6	2:13	25	3:12	26.35	2:14:13	5:05	34		26	11:24
Lap 6	5.27	29:48	5:39	6	2:13	29	3:57	31.62	2:44:01	5:11	35		29	15:15
Lap 7	5.27	31:49	6:02	11	3:18	38	5:42	36.89	3:15:50	5:18	32		22	20:57
Last lap Finish	5.27	35:50	6:47	19	8:12	85	10:07	42.16	3:51:40	5:29	10	2:14:27	37	3:24:53