



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

FISCHER, Olaf

Club: Burgstädter LV
Number: 72

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 3:53:57

Speed: 10.77 km/h
Running performance: 5:33 min/km

Rank in course/Total: 31 (of 289)

Rank in course/Men: 31 (of 261)

Best time in course: 3:20:36

Rank in category: 9(of 55)

Best time in the category: 3:28:58

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	28:26	5:23	12	5:13	64	6:04	5.27	28:26	5:23	39		39	
Lap 2	5.27	28:32	5:24	14	4:02	64	5:06	10.54	56:58	5:24	33		37	
Lap 3	5.27	29:14	5:32	15	4:37	65	5:36	15.81	1:26:12	5:27	37		34	
Lap 4	5.27	29:01	5:30	12	4:00	46	4:23	21.08	1:55:13	5:27	34		33	
Lap 5	5.27	30:18	5:44	13	4:00	50	4:59	26.35	2:25:31	5:31	35		28	22:42
Lap 6	5.27	29:54	5:40	8	2:19	31	4:03	31.62	2:55:25	5:32	36		31	26:39
Lap 7	5.27	29:35	5:36	5	1:04	17	3:28	36.89	3:25:00	5:33	33		24	30:07
Last lap Finish	5.27	28:57	5:29	3	1:19	14	3:14	42.16	3:53:57	5:32	11	2:16:44	40	3:27:10