



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

HANZLIK, Ondrej

Club: AK Baník Prievidza
Number: 105

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 3:54:24

Speed: 10.75 km/h
Running performance: 5:34 min/km

Rank in course/Total: 33 (of 289)

Rank in course/Men: 33 (of 261)

Best time in course: 3:20:36

Rank in category: 4(of 32)

Best time in the category: 3:20:36

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	25:42	4:52	3	1:39	21	3:20	5.27	25:42	4:52	29		41	
Lap 2	5.27	26:26	5:00	3	2:12	24	3:00	10.54	52:08	4:56	17	3:47	39	
Lap 3	5.27	27:08	5:08	4	2:37	26	3:30	15.81	1:19:16	5:00	29		36	
Lap 4	5.27	28:05	5:19	4	3:27	31	3:27	21.08	1:47:21	5:05	28		35	
Lap 5	5.27	29:18	5:33	4	3:59	35	3:59	26.35	2:16:39	5:11	27		30	13:50
Lap 6	5.27	29:47	5:39	4	3:50	28	3:56	31.62	2:46:26	5:15	18		33	17:40
Lap 7	5.27	34:13	6:29	7	8:06	61	8:06	36.89	3:20:39	5:26	27		26	25:46
Last lap Finish	5.27	33:45	6:24	6	8:02	59	8:02	42.16	3:54:24	5:33	5	2:32:51	42	3:27:37