



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

THEUER, Andreas

Club: trisporthavelse
Number: 374

Course: 42.16 km
Marathon

Category:
Männer M40

Total time: 4:03:01

Speed: 10.37 km/h
Running performance: 5:46 min/km

Rank in course/Total: 47 (of 289)

Rank in course/Men: 47 (of 261)

Best time in course: 3:20:36

Rank in category: 12(of 55)

Best time in the category: 3:28:58

Intermediate times

Stage score

Total ranking

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	27:45	5:15	9	4:32	54	5:23	5.27	27:45	5:15	32		21	
Lap 2	5.27	26:53	5:06	7	2:23	30	3:27	10.54	54:38	5:11	36		52	
Lap 3	5.27	27:58	5:18	10	3:21	36	4:20	15.81	1:22:36	5:13	40		51	
Lap 4	5.27	28:16	5:21	9	3:15	33	3:38	21.08	1:50:52	5:15	37		49	
Lap 5	5.27	29:32	5:36	11	3:14	40	4:13	26.35	2:20:24	5:19	38		44	17:35
Lap 6	5.27	31:34	5:59	13	3:59	52	5:43	31.62	2:51:58	5:26	39		48	23:12
Lap 7	5.27	35:06	6:39	17	6:35	75	8:59	36.89	3:27:04	5:36	36		40	32:11
Last lap Finish	5.27	35:57	6:49	20	8:19	87	10:14	42.16	4:03:01	5:45	14	2:25:48	57	3:36:14