



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**STRACK, Erich**

Club: DUV

Number: 361

Course: 42.16 km  
Marathon

Category:

Männer M45

Total time: 4:06:22

Speed: 10.23 km/h

Running performance: 5:50 min/km

Rank in course/Total: 51 (of 289)

Rank in course/Men: 50 (of 261)

Best time in course: 3:20:36

Rank in category: 8(of 50)

Best time in the category: 3:39:13

### Intermediate times

### Stage score

### Total ranking

| Control         | Split |       | Pos  | Behind | Pos    |      | Total | Total | Total   | Pos  | Behind | Pos     | Behind |         |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|---------|--------|---------|
|                 | km    | Time  |      |        | min/km | Cat. |       |       |         |      |        |         |        | Cat.    |
| Lap 1           | 5.27  | 25:49 | 4:53 | 5      | 2:26   | 25   | 3:27  | 5.27  | 25:49   | 4:53 | 34     |         | 60     |         |
| Lap 2           | 5.27  | 26:35 | 5:02 | 5      | 1:58   | 26   | 3:09  | 10.54 | 52:24   | 4:58 | 28     |         | 56     |         |
| Lap 3           | 5.27  | 30:59 | 5:52 | 20     | 5:38   | 101  | 7:21  | 15.81 | 1:23:23 | 5:16 | 33     |         | 55     |         |
| Lap 4           | 5.27  | 31:38 | 6:00 | 18     | 4:48   | 96   | 7:00  | 21.08 | 1:55:01 | 5:27 | 26     |         | 53     |         |
| Lap 5           | 5.27  | 30:31 | 5:47 | 8      | 2:53   | 55   | 5:12  | 26.35 | 2:25:32 | 5:31 | 31     |         | 48     | 22:43   |
| Lap 6           | 5.27  | 33:47 | 6:24 | 15     | 5:35   | 82   | 7:56  | 31.62 | 2:59:19 | 5:40 | 44     |         | 230    | 30:33   |
| Lap 7           | 5.27  | 33:01 | 6:15 | 9      | 4:50   | 47   | 6:54  | 36.89 | 3:32:20 | 5:45 | 31     |         | 44     | 37:27   |
| Last lap Finish | 5.27  | 34:02 | 6:27 | 13     | 5:39   | 61   | 8:19  | 42.16 | 4:06:22 | 5:50 | 9      | 2:45:36 | 60     | 3:39:35 |